3814 6

A TREATISE

ON

THE DISEASES OF CHILDREN,

WITH DIRECTIONS

FOR THE MANAGEMENT OF INFANTS

FROM THE BIRTH;

ESPECIALLY

Such as are brought up *by Hand*.

By MICHAEL UNDERWOOD, M. D.

LICENTIATE in MIDWIFERY

OF THE

Royal College *of* PHYSICIANS in LONDON,

AND

PRACTITIONER at the BRITISH LYING-IN HOSPITAL.

Ornari Res ipſa negat, contenta doceri. HOR.

LONDON,

Printed for J. MATHEWS, No. 18, Strand.

MDCCLXXXIV.

TO THE

QUEEN.

MADAM,

THE ſame condeſcending Goodneſs, which has uniformly diſtinguiſhed your MAJESTY upon all Occaſions, having permitted me to lay the following Pages at your MAJESTY's feet; I have only to hope that the Public may find them

not unworthy of ſo high a Patronage. My wiſh being to relieve and benefit my fellow Creatures, there was no Perſon to whom they could with ſo much propriety be addreſſed.

I have the Honor to be,
With the moſt grateful obedience,
Your MAJESTY's
Moſt devoted,
And moſt obliged, Servant;

The Author.

Great Marlborough Street,
Auguſt 7. 1784.

CONTENTS.

	Page
THE *design of the work*	1
Diseases of Infants too much neglected	3
Causes of this neglect - -	4
Arguments against such neglect -	4
Their diseases easily understood -	8
Causes of Infants diseases - -	10
Symptoms, or marks, of their diseases	14
Meconium, what? - -	15
Retention of it, an occasion of disease - -	15
Of no use after birth	16
Ought to be carried off early	16
Proper remedies to expel it	18

Meconium, Inſtance of its retention
for many days - 24
Inward fits, what? - - 26
Treatment - 28
Coſtiveneſs and Wind - 31
Watching, or want of Sleep 36
Jaundice - - - - 38
Anomalous Inflammation - 40
Apthæ, or Thruſh - - 43
Appearance of it - 44
Cauſes - - 46
Remedies - 46
Red-Gum - - - 52
Cutaneous Eruptions - - 54
Anomalous Raſh - - - 55
Cruſta lactea - - - 56
Sore Ears - - 58
Vomiting - - 61
Not a common Diſeaſe of Infants 61
Milk returned curdled - 62
Treatment - - 63
Gripes - - - 67
Purging - - - 67
Cauſe - - 68

Purging,

Purging, Kind of Stools - 74
(Skin-bound) - - 76
Watery gripes - 78
Treatment - - 78
Dr. ARMSTRONG's *objections conſidered* 71—73
Convulſions - - 82
Of two kinds - 82
Children oftener ſaid to die of them than they really do 82
Cauſes - - 83
A remarkable Caſe - 85
Treatment - - 85
Teething - - 90
An important period in the Infant ſtate - - 91
Proceſs of Dentition - 93
Symptoms - - 94
Remedies - - 95
Great advantage of lancing the gums - - 99
Fever - - 105
Infants not very ſubject to common fevers - - 105

Fever, Cauſes of - - 106
Treatment - - 107
Hectic fever and Maraſmus - 112
Sometimes curable - 113
Meazles, Small-pox - 115
Age and circumſtances ſuitable for Inoculation - 116
Rickets - - - - 119
Cauſe - - 120
Symptoms - - 120
Treatment - 121
Hooping-Cough - - 123
Symptoms - 124
Treatment - 125
Croup - - 136
Cauſe and means of Prevention 137—138
Treatment - - 139
Morbid Appearances - 140
Scrofula - - 141
Cauſe - - 141
Treatment - 143
Worms - - 146
Not uſually dangerous - 146

Worms,

Worms, Symptoms - 147
Cauſe - - 148
Treatment - 149
Hydrocephalus internus - 153
Cauſe and Symptoms 154
Treatment - 155
Tinea, or Scald-head - - 156
Its nature - - 156
Remedies - - 157
Canker - - - 159
Remedies - - 161
Cutting of the Tongue - 162
Opthalmia, or inflammation of the Eyes 164
Hiccough - - 167
Sneezing - - - 168
Bleeding of the Noſe - - 169
Hæmorrhage from the Navel - 171
Herniæ or Ruptures - 172
Hydrocele or watery Rupture - 174
Prolapſus Ani - - 175
Diſcharges from the Vagina 177
Luxations and Fractures - 178
Burns - - 184

Chilblains - - 186
Complaints mentioned by Ancient Writers 191
On external Blemiſhes called Marks 194
Cauſes commonly aſſigned - 194
Experience proves them to be groundleſs - - 195
Blemiſhes that may be remedied - 198
Hare-lip—Imperforate Paſſages—Squinting, &c. Treatment 198—212
DIRECTIONS for the MANAGEMENT of INFANTS from the BIRTH. - - 213
Dry-nurſing, unnatural - 214
Arguments in favor of it uſually futile - 215
The Duty of great attention to Infants - - 216
On waſhing of Infants - 219
On the Cold-bath - - 221
On Chafings, or Excoriations - 224
On forcing out the milk from their breaſts - - - 227
Errors in regard to the firſt cloathing of Infants - - 228—231

Obſer-

Obſervations on the Non-Naturals 232
On Air - - 233
Change of Clothes - 235
On MEAT and DRINK - 237
Children require no food immediately after Birth - - - 238
Milk, the moſt proper of all food 240
Milk, or Bubby-pot, its excellent contrivance - - 245
Reſemblance to the Nipple 248
Objections anſwered - 250
Proper times of Feeding - 251
Change of food as children grow older - - 253
Proper diet when ill - 257
On the aceſcent quality of the food of Infants, their diſpoſition to Wind, and their Remedies 260—263
On the choice of wet-nurſes 264
On weaning of Children - 265
On SLEEP and WATCHING 268
Obſervations on the Cradle 270

Caution

Caution againſt the uſe of Opiates 272
On MOTION and REST - 272
Exerciſe how important to Health 273
Proper time of putting Children on their feet - - 275
On RETENTION and EXCRETION 282
Retention and Incontinence of Urine 282—283
Infants bowels ſhould be always open 284
On the PASSIONS of the MIND 285
Children's Crying - 285
Tempers of Wet-nurſes - 287

ERRATA.

Page 20. firſt line of note, for *Duodendum* read *Duodenum*, p. 20. laſt line but three of note, for *violently* read *violent*.—P. 36. laſt l. but one, dele *method*.—P. 49. l. 8. for two or three times, read two or three times *a day*.—P. 74. l. 13. for *fætid* read *fetid*.—P. 99. l. 10. for "pain *not* very great," read "pain *very* great."—P. 114. l. 6. for *lactantium*, read *dententium*.—P. 118. l. 2. for *left* read *right*.—P. 122. l. 11. after iſſues a comma, and dele *often*.—P. 122. l. 15. for *purgings* read *purging*.—P. 171. l. 17. for *coſtic* read *cauſtic*.—P. 192. l. 9. for *Serias is* read *Seriaſis*,—P. 204. l. 3. for *exceeding* read *exceedingly*.—P. 253. l. 4. for *ſevere* read *ſeverer*.

A

TREATISE, &c.

THE deſign of this eſſay is to offer a ſuccinct account of the diſeaſes of children to ſuch practitioners in phyſic, as may not have had the advantage of great experience in the management of their complaints. The work, however, is by no means intended ſolely for their uſe. The writer has long lamented the very improper method in which the diſorders of infants are treated by thoſe who deſign them the greateſt kindneſs;

but whoſe miſtaken opinions too often counteract their benevolent intentions. The laudable affection of the fondeſt mother frequently becomes a ſource of manifold injury to her tender offspring: and this is not only the caſe among the lower claſs of people, or in ſituations where medical aſſiſtance is procured with difficulty, but even in the metropolis itſelf, and in the higher ranks of the community, where many prejudices very hurtful to the eaſe and health of children ſtill prevail.

It is parents, therefore, as well as the medical world, to whoſe notice I wiſh to recommend the following pages; and I hope in the eſtimation of both, the intention will apologize for taking up this important ſubject, that has long called for the moſt able hand.

The neceſſity of clearly and intelligibly expreſſing what is to be ſaid, may poſſibly, in this inſtance, be pleaded with

thoſe who expect critical accuracy and method; which every writer ſhould aim at. It may therefore be obſerved, that ſome conſentaneous diſeaſes have been longer dwelt upon, and their remedies oftener hinted, than might be neceſſary for medical readers. Not that I wiſh to be thought capable of writing any thing in a finiſhed manner; I only beg the liberty to offer for public uſe ſuch remarks as a long acquaintance with the ſubject has furniſhed. And here it may not be improper, by way of farther apology to obſerve, that whatever merit former publications may poſſeſs, it may, nevertheleſs, with great propriety be remarked, that they either make a part of ſome larger work, too voluminous to anſwer the particular intentions of a tract of this kind, or elſe they are far too conciſe, and have omitted many complaints of too much importance to be entirely overlooked.

It has been generally lamented by writers on theſe diſeaſes, that this branch of medicine has remained too much uncultivated. One principal cauſe of ſo ſtrange a neglect has ariſen from an idea ſome people have entertained, that the complaints of infants being imperfectly underſtood by medical people, from their inability to give account of them themſelves, it is ſafer to entruſt them to the care of old women and nurſes; who, at leaſt, are not likely to do miſchief by violent remedies, though they may ſometimes make uſe of improper and inadequate ones.

How fatal ſuch a miſtake muſt neceſſarily be, cannot ſurely require much argument to prove; ſince the deſtruction of infants is eventually the deſtruction of adults, of population, wealth, and every thing that can prove uſeful to ſociety, or add to the ſtrength and grandeur of a kingdom. It may, moreover, be obſerved, that where miſmanagement at

this

this period does not actually deſtroy the life, it often very eſſentially impairs the health; the foundation of a future good or bad conſtitution being frequently laid in a ſtate of infancy.

It is true, indeed, ſome laudable attempts have been made of later years to reſcue this important truſt from being indiſcriminately committed to ſuch dangerous hands; but it is ſtill to be lamented, that even in this liberal age, ſuch attempts have not been attended with all the ſucceſs they have deſerved. It is therefore yet to be wiſhed, that ſomething farther were advanced on the ſubject, and that the weak objections made againſt procuring the beſt advice were more powerfully combated. And this is the more neceſſary, becauſe thoſe who have the greateſt intereſt in the ſubject, the moſt authority on the occaſion, and the ſincereſt affection for their offspring, have frequently the greateſt

objections to medical aſſiſtance, till it is, oftentimes, too late to employ it with effect.—I may, indeed, be very inadequate to the taſk of obviating ſuch prejudices, but I ſhall ſtate an argument or two that has always appeared to me of great weight.

One objection already alluded to, taken from the conſideration of the incapacity of infants to deſcribe their complaints, has been ably diſcuſſed in a treatiſe written about twenty years ſince, by Dr. Armſtrong. It is aptly remarked by this writer, that the ſame difficulty occurs in a variety of the moſt dangerous complaints of adults at every period of life, which confeſſedly require the greateſt aſſiſtance; ſuch are attacks of phrenzy, delirium, and ſome kinds of convulſions; to which may be added, all the complaints of ideots and lunatics. But theſe have been ſucceſsfully treated in every age, not excepting even

the

the latter, and the melancholy ſubject happily reſtored to ſociety, his family, and himſelf.

It has likewiſe been obſerved, if infants for this reaſon are to be excluded the benefit of a phyſician's advice, it is difficult to ſay at what age they may ſafely be intruſted to their care; ſince at the age of five or ſix years, they would frequently miſlead the enquirer, who ſhould truſt to their own account of their complaints. Their ideas of things are too indiſtinct to afford us ſufficient information, and they accordingly often call ſickneſs at the ſtomach, pain, and pain, ſickneſs; they will frequently make no reply to general queſtions, and when they are aſked more particularly whether they have any pain in one or another part of the body, they almoſt certainly anſwer in the affirmative; though it afterwards frequently turns out they were miſtaken.

To this idea I will venture to add, that although infants can give no account of their complaints in the manner we receive information from adults, their diſeaſes are all plainly and ſufficiently marked by the countenance, the age, the manifeſt ſymptoms, and the faithful account given by the parent, or an intelligent nurſe. This I am ſo confident of, that I never feel more at my eaſe, in preſcribing for any diſorders than thoſe of infants, and never ſucceed with more uniformity, or more agreeable to the opinion I may have adopted of the ſeat and nature of the diſeaſe. Every diſtemper may be ſaid, in ſome ſenſe, to have a language of its own, and it is the buſineſs of a phyſician to be acquainted with it; nor do thoſe of children ſpeak leſs intelligibly*.—Limited as is human knowledge

* In neither of theſe ſentiments do I ſtand alone; HARRIS, of whoſe work SYDENHAM is thought

ledge in every department, there are yet certain principles and great outlines in phyſic, with which men of experience are acquainted, that will generally lead them ſafely between the dangerous extremes of doing too little, or too much; and will carry them ſucceſsfully, where perſons who want thoſe advantages cannot venture to follow them.—Let me aſk then; is it education, is it obſervation and long experience, that can qualify a perſon for the ſuperintendance of infants, or the treatment of their complaints? Surely all theſe fall eminently to the

thought to have ſpoken ſo highly, has ſaid the ſame things—Incertæ verò diagnoſeωs (quæ multùm obtinuit) querela non tam a ſymptomatum defectu, quàm a præpoſterâ ac ineptâ medendi ratione ortum ſuum duxiſſe videtur. (page 8.) And at page 3.—Etenim aſſerere non verebor morbos illius ætatis generê pauciſſimos eſſe, et gradu tantummodò differre; imò curationem puerorum multò tutiorem ac faciliorem, quàm virorum ac mulierum. *De Morb. Infant.*

ſhare

ſhare of regular practitioners, to the utter excluſion of nurſes and empirics.*

Having briefly ſtated this matter, as I hope, with impartiality, and given it the attention its importance demands, I ſhall next obſerve, that, as the complaints of infants are more obvious than it has been generally imagined, ſo their number is comparatively ſmall, their cauſe uniform, and the treatment of moſt of them, ſimple and certain†.

For the proof of this, as well as in order to eſtabliſh a rational practice, I ſhall firſt conſider the cauſes and diagnoſtics, or ſpecific nature of their complaints, before I attempt to enter upon their cure.

* Neque poteſt ſcire quomodo morbos curare conveniat, qui unde hi ſint ignoret—Pertinet ad rem omnium proprietates noſſe. CELSUS.

† Facillimè inquam in morbos dilabuntur infantes, et niſi aut ſeriùs aut imperitiùs tractentur, facillime in ſanitatem reſtituuntur. HARRIS *de Morbis acutis Infantum.*

And

And here I ſhall not attend to the various remote cauſes, but ſhall confine myſelf to a practical conſideration of the ſubject, and briefly point out their obvious occaſions and ſymptoms. And on this account, I ſhall not take notice of the various changes which nature herſelf induces during the growth of the infant, as it paſſes from one ſtage of life to another; which is, doubtleſs, a remote cauſe of ſome of their complaints.

The moſt ordinary CAUSES then may ariſe from the vaſt glandular ſecretion of infants; their glands in general being much larger in proportion, than thoſe of adults. I might inſtance in the thymus gland, and particularly in the pancreas and liver. But beſides theſe, there are innumerable glands ſituate in the mouth, fauces, the œſophagus, ſtomach, and inteſtines, which are continually pouring out their contents into the firſt paſſages. This is, doubtleſs, a wiſe proviſion of nature,

ture, and I cannot, therefore, think with Dr. Armſtrong, that the gaſtric juice renders the chyle leſs fit for abſorption; but, as we do not thoroughly follow her dictates in the management of children, as to their food, cloathing, &c. this abundance of ſlimy matter often overloads the ſtomach and bowels, the conſtant ſeat of the firſt complaints in the infant ſtate.* The quality of the milk, or other food with which infants are nouriſhed, may be reckoned a ſecond cauſe. A third ariſes from the delicacy of their muſcular fibres, and the great irritability of the nervous ſyſtem. In addition to theſe may be reckoned the want of exerciſe, which at a more advanced age, happily for us, we are obliged to make uſe

* Non quod ætas per ſe ſit cauſa ullius morbi, eſt enim res naturalis et temporis determinatio, ſed quia diſponit ad morbos quoſdam facilius ſuſcipiendos, ſi cauſæ eorum acceſſerint. PRIMEROS: *de Morb. Infant.*

of,

of, and which art, in general, does not duly ſupply in regard to children.

Hence ariſe acidities in the firſt paſſages, a conſtant attendant upon all their early complaints.* The firſt of which, is the retention of the meconium, and the laſt (which may be properly termed a diſeaſe at all peculiar to young children), is the cutting of the teeth, in which likewiſe the ſtate of the bowels is very much concerned.

Upon each of the above heads, it may be neceſſary to make farther obſervations as we proceed, in order to take notice of ſome accidental cauſes ariſing from miſmanagement, or errors in the non-naturals, as they have been called; the chief of which will turn upon the quantity of nouriſhment adminiſtered to infants, and an inattention to a coſtive ſtate of the bowels; to which might be

* Sylvius de le Boe. Harris.

added,

added, a neglect of making the child break wind ſoon after feeding, or coming from the breaſt.

The SYMPTOMS of theſe firſt diſeaſes of infants (by which we alſo judge of their nature), are chiefly retention and excretion; ſour belchings; nauſea; vomitings; purgings, the nature of the matter thrown off; watching; inquietude; thirſt; heat; the manner of breathing and of crying; retraction of the lower extremities; and puſtules, or eruptions, external, or internal. The pulſe and urine are leſs certain marks than they are in adults. To theſe may be added, the openneſs or firmneſs of the fontanelles, or moles, and of the ſutures, and the relaxation or contraction of the ſkin in general, and of the ſcrotum in particular.

Having thus briefly adverted to the general cauſes and ſymptoms, I ſhall now proceed to the conſideration of the diſ-

orders

orders themſelves; and ſhall begin with the retention of the meconium.

The MECONIUM is that black, viſcid, or tenacious matter, which it is well known, every infant parts with by ſtool, for the two or three firſt days after it is born, or retains it to its manifeſt injury.

As the ſource of children's complaints has already been ſaid to originate from ſomething amiſs in the firſt paſſages, according to the moſt ancient opinions*, I have long ſuſpected, that a foundation is ſometimes laid for them, from not duly attending to an early expulſion of the meconium; which will ſometimes firmly adhere to their coats, and remain for many days, unaffected even by powerful medicines, as I ſhall have occaſion to remark as I go on. I ſhall only obſerve in this place, that though it ſhould not be all retained, yet a part will often remain

* HIPPOC. CELSUS. ÆGINET.

much

much longer than has been uſually imagined, and will come away perhaps unnoticed at a late period, where no retention of it has been ſuſpected.

The meconium appears to be no longer of uſe after the child is come into the world, unleſs it be to keep the inteſtinal canal from collapſing, till it be repleniſhed with the aliment the child is ſoon afterwards to receive. Whereas, if it be not ſoon carried off, it will not only change the quality of the milk, or other food, as it deſcends into the bowels, but itſelf alſo becomes highly acrid, being chiefly a bilious ſecretion, aud cannot fail to produce flatulency, indigeſtion, and various other evils. And it is, doubtleſs, on this account, that provident nature has imparted an aperient quality to the firſt milk of all animals; a certain indication to the rational ſpecies, to aſſiſt the expulſion of this matter, now no longer required. For though a child

ſhould

ſhould even be ſuckled by its own mother, (in which caſe, there is doubtleſs, leſs occaſion for other aſſiſtance) yet we know that nature doth not, in every inſtance, always fully accompliſh her own deſigns: and it is from ſome ſtriking inſtances of the truth of theſe obſervations, that I have ſaid ſo much on this ſubject, which I have alſo been the more inclined to, becauſe all late writers have paſſed it over almoſt in ſilence.

I am aware that all thoſe who eſteem medical people to be officious diſturbers of nature, have objected to their aſſiſtance in this inſtance, and conclude that ſhe would do the buſineſs much better if left to herſelf. And there are even ſome phyſicians of this opinion, amongſt whom I find Dr. Buchan, whoſe abilities and reputation claim particular attention, though he perhaps may not be ſo much engaged amongſt very young infants, as thoſe whoſe peculiar province

vince it is to attend them from the birth. But there can be no general rule without exceptions*, and as doubtleſs many children would do very well without any ſuch aſſiſtance, ſo am I certain many would not; and I believe none can be eſſentially injured by conſtantly aſſiſting in this work. It is the province of art to ſuperintend nature, and not only to guard againſt her exceſſes, but ſo to watch over her, as to enſure the accompliſhment of her intentions, whenever we perfectly comprehend, and can effect them without the riſque of doing harm.

For this purpoſe, amongſt others, a new remedy has of late years been recommended, as preferable to any purging medicines whatever.† Mankind

* Vix ulla perpetua præcepta medicinalis ars recipit. CELSUS. Præf. Lib. i. P. 17.

† Dr. ARMSTRONG on the Diſeaſes moſt fatal to Infants. 1767.

has

has ever delighted in extremes;—no ſooner has any thing, formerly judged to be hurtful, or even poiſonous, been found in certain caſes, to be very uſeful, than it is ſuppoſed to be capable of doing every thing, and ſuperſedes all that the wiſdom of former ages has proved to be ſalutary. Hence, ſome advantages experienced from the uſe of antimonial wine, in a variety of children's complaints, as far as they ariſe from one common cauſe, has induced ſome people to extol it as an univerſal remedy. But wherefore give an emetic, calculated to empty the ſtomach, in order to expel the meconium from the lower bowels? §

§ On examining the firſt paſſages of ſtill-born infants (newly dead) it appears, that the large inteſtines contain the true meconium; the ſmall inteſtines only a thin bilious fluid mixed with a little gaſtric juice. The ſtomach contains ſtill leſs, as no bile can enter it but by regurgitation from the

It is univerſally allowed, and by this writer alſo, that emetics are not to be adminiſtered when the inteſtines are full, which in this inſtance is preciſely the caſe. It is true, the antimonial wine does not always vomit children, nor will a little matter oftentimes do this (as I ſhall have occaſion to take notice very ſoon); it is ſometimes indeed found to act as a purgative: but if this be the intention, why not adhere to the old, and more certain method, and direct at once ſuch things whoſe proper operation may be depended upon? Not the ſtomach, but the bowels are the natural and ſafe outlet for moſt of children's complaints, and a want of due attention

the duodendum, and the gaſtric juice is in ſmall quantity, not enough to be brought up by an emetic without violently ſtraining; which I ſhould imagine it can anſwer no good end to excite by a vomit, the firſt hour a child comes into the world.

to this circumſtance has been productive of ſome evils, many practitioners, I think, are not ſufficiently aware of.

It is very evident, that ſome gentle purgative is indicated on this occaſion, and that it ſhould be of a kind that will create as little diſturbance as poſſible, and eſpecially ſhould not be of an offenſive or indigeſtible nature; tho' ſuch have been very commonly adviſed. In general, indeed, a very little matter will ſuffice; perhaps a little ſolutive ſyrup of roſes, diluted with ſome thin gruel, and given occaſionally by tea-ſpoonsful, will moſtly anſwer the end, will alſo ſerve to keep the child quiet, and ſo prevent the nurſe from giving it improper food. But if this ſhould fail to procure ſtools, a few grains of Turkey rhubarb (or a tea-ſpoonful of its vinous tincture diluted as above) will be found preferable to the indigeſtible oily mixtures in com-

mon uſe.‡ In the country, where the above medicines may not be at hand, a little freſh whey and honey will be an excellent ſubſtitute.

The objection now made to oily medicines is very much increaſed, from nurſes ſcarcely ever giving the quantity that is directed, in the courſe of the firſt twenty-four hours, as it is always deſigned; and adminiſtering the reſt long after the child has begun to ſuck, or to feed. At this period, mixing with the nouriſhment, it has a direct tendency to produce indigeſtion, wind, and the very complaints, which the oils if adminiſtered in proper time, were deſigned to prevent. Not to add that, ſome kind of oily medicine being the uſual purgative on this occaſion, is an inducement to parents and nurſes to procure a repetition of it, and to adminiſter it when-

‡ See HARRIS.

ever

ever an infant happens to be coſtive during the month; and from whence the above evils may be frequently induced.

But it has been obſerved, the meconium is not always diſpoſed to come away, even by the aſſiſtance of common purgative medicines. Having, therefore, begun with ſuch as the above, if the child has no ſtool for twelve or fourteen hours after birth, and eſpecially if it ſhould ſeem to be in pain, a gliſter ought to be thrown up; which may be repeated if neceſſary a few hours afterwards. And here I would obſerve, that in the caſes where more powerful means are required, no evacuation at all will be procured by theſe gentle means; for, as far as I have ſeen, wherever I could procure one copious ſtool by a gliſter, or gentle laxative, the reſt of the meconium has come away with little, or no farther aſſiſtance. But as it ſometimes

happens, that neither gliſters nor purgatives have any ſufficient effect for ſeveral days, very powerful means muſt then be made uſe of; there being reaſon to ſuſpect a ſuſpenſion of nervous influence. I ſhall cloſe this ſubject therefore, with an inſtance of this kind, not the only one I have met with, as a proof of what powerful remedies may ſometimes be required, and how neceſſary it is to pay ſome attention to this firſt complaint of infants.

The child was born of very healthy parents (not at all of conſtipated habits) after a quick, and comparatively eaſy labour, on the morning of the twenty-ſecond of February, 1784.—To avoid prolixity, I ſhall not ſtate the caſe in the form of a journal, but ſhall only obſerve, that the child took a little rhubarb an hour or two after it was born, but having had no ſtool when I ſaw it the next day, I ordered a glyſter to be thrown

up.

up. In the evening, the child lay in a kind of comatoſe ſtate, and when rouzed it moaned, but ſeemed unable to cry. It continued pretty much in this ſtate (at times, ſeemingly in great pain, and evidently convulſed) for ſix days; and was nouriſhed chiefly by a tea-ſpoon with a little breaſt-milk, ſeldom reviving ſufficiently to ſuck.

It had no ſtools, ſave a few ſpots on the cloths about the ſize of a ſhilling, till the twenty-ſeventh, and thoſe were very ſmall, hard, and lumpy. On the twenty-eighth it had more of this kind, and it had not till the twenty-ninth any thing like a proper ſtool, which was alſo mixed with hard lumps; but on the third of March, they were thinner, and on the fifth came very freely. In the courſe of ſix and thirty hours I preſcribed two ounces of the common infuſion of ſena, two drams of rochelle ſalts, four grains of jalap, and a grain of calomel;

calomel; beſides purging glyſters, and the uſe of the warm bath. The child after this took ſix drams of caſtor oil, beſides ſeveral doſes of manna; and at another period, four grains of ipecac. at two doſes, and forty drops of antimonial wine, at four times (in the courſe of an hour) without any effect. Three days after the child got rid of the meconium, the thruſh made its appearance; which was ſlight, but continued above three weeks.

Inward Fits.

THE retention of the meconium is capable of giving riſe to various complaints, that are connected with the ſtate of the firſt paſſages; among which, that of inward fits has lately been taken notice of by ſome medical people, but I think ſcarcely deſerves the name of a diſeaſe. So much, however, has been ſaid about it, as to alarm many a fond mother,

and

and on this account it demands an attention. The chief, and conſtant ſymptom of this kind of fit, as it is called, is the infant's little mouth being drawn into a ſmile; which whoever has noticed, muſt have beheld it with pleaſure.

If the complaint extends no farther than this ſmiling, which is generally in its ſleep, it ariſes from a little harmleſs wind; for which an immediate recourſe to pukes or purges, is more likely to do harm by ſtraining the ſtomach, or by relaxing the bowels, than to do any good. Every body is acquainted with the effects of different degrees of action on the nerves, from the ſenſation produced by tickling with a feather, to that of a hard blow, or a violent ſtroke. The firſt may be ſaid to be pleaſing, and ſuch, I doubt not, is the ſtimulus in queſtion on the nervous coat of the ſtomach of little infants, and therefore produces the moſt agreeable ſmile, which I have always

gazed

gazed at with delight. Indeed, I know of no complaint that ought to be termed inward fits; and I mention this, becauſe nurſes are continually talking to us about them, when children are perfectly well, and often give many an unpleaſant doſe on the occaſion. They are at the ſame time treating the true convulſion, whilſt ſlight, in the ſame way, being led into the error by the idea of inward fits; a term they are ever uſing, but have no preciſe ideas of, nor do any two of them mean the ſame thing by it. The word, therefore, ought to be aboliſhed; as the child is either evidently convulſed, or has no kind of fit, at leaſt none for which any remedy can be offered *.—If the child ſhould

* Infants, as well as adults, do ſometimes, indeed, die ſuddenly without any manifeſt convulſion. But this more frequently happens after over-feeding, and ariſes from a ſpaſm of the ſtomach; or ſometimes of the heart or lungs, and

infants

ſhould ſleep too long, and this ſmile ſhould often return, it may be taken up, gently tapped on the back, and its ſtomach and belly be well rubbed by the fire; which is all that can be neceſſary. This gentle exerciſe † will bring a little wind from its ſtomach, and the child will go to ſleep again quietly. This complaint is largely treated of by Dr. ARM-

infants may then be ſaid to die of inward fits, there being no external convulſion; but this is not the kind of affection uſually underſtood by that term.

† EXERCISE is the grand mean of health.—The irrational ſpecies are capable of it almoſt as ſoon as born; and though infant children are not, they are paſſive, and can be *exerciſed*. Nature and inſtinct point out the expediency of it, and the fond mother who follows only her own inclination, naturally adopts it, and is continually ſtroking and playing with the little idol of her heart, whenever it is awake; and as it grows older, ſhe naturally gives it more exerciſe, as it can bear it, and according to the ſatisfaction the infant never fails to manifeſt on the occaſion.

STRONG, who wiſhes to give a few drops of antimonial wine; but it is very apparent, that when he conſiders it as worthy of more attention than I have juſt now adviſed, it is either a true convulſion, in which the eyes are diſtorted, and the mouth is diſcompoſed, inſtead of putting on a ſmile, or elſe he is preſcribing for another diſeaſe under the name of inward fits, which former writers have treated under the head of diſorders ariſing from coſtiveneſs and wind. But if this little turn of the features ſhould ariſe from conſtant over-feeding, it were endleſs to adminiſter emetics; the cauſe of the complaint is obvious, and upon the removal of it the remedy muſt reſt.

But as coſtiveneſs and wind do not always ariſe from one and the ſame cauſe, and are productive of other complaints than thoſe above mentioned, I ſhall conſider them by themſelves; which, it is preſumed, will be purſuing a much more

rational

rational plan, than adhering to a term obſcure in itſelf, and which tends to miſlead the generality of readers.

Disorders ariſing from Costiveness and Wind.

IT has been uſual with ancient writers, when conciſeneſs and accuracy were not ſo much conſidered as in the preſent day, to treat of coſtiveneſs and wind as diſtinct heads of complaint; and as this little tract is calculated for general uſefulneſs, and not merely for medical readers, it may not be altogether improper to comply with this cuſtom. Wind is but a mere ſymptom of ſome preceding or attending complaint, nor are its troubleſome effects either occaſioned or increaſed, by air taken in with the food, as many people have imagined; atmoſpheric air being eſſentially different from that produced by indigeſtion, whether

whether owing to the weakneſs of the ſtomach, as it is called, or the improper quality or quantity of the food taken into it. It, however, proves a ſource of many complaints, and creates watchfulneſs, ſtartings, hiccoughs, vomitings, and, in the end, purging, watery gripes, and even fatal convulſions, if not timely attended to.

Coſtiveneſs is either conſtitutional, or accidental, which ought always to be diſtinguiſhed: the latter is uſually the effect of heavy and improper food, the former is oftentimes harmleſs; and children of ſuch a habit of body are frequently the moſt thriving. If the mother chances to be very conſtipated, her children generally are ſo; and ſuch a diſpoſition ought not, I believe, to be counteracted, though it will be neceſſary carefully to watch it. In ſuch inſtances, a quarter of an ounce of manna, or the like quantity of the ſolutive ſyrup of roſes,

roſes, may be put into any liquid, and as much of it given by tea-ſpoonsful, as ſhall open the belly. And here it may not be uſeleſs to obſerve, that rhubarb will not be the fitteſt purgative, though it be joined with magneſia, and I only mention this, becauſe ſuch is the almoſt conſtant preſcription of nurſes on every occaſion, whoſe indiſcriminate uſe of it is generally needleſs, and ſometimes prejudicial; rhubarb alone, in common caſes, anſwering all the purpoſe intended, whilſt the magneſia makes an unneceſſary addition to the bulk of the medicine, which ſhould be always avoided for children.

But if the child is otherways in health, it is, in general, inadviſeable to do much to counteract it. I have formerly, even during the month, directed manna, even to half an ounce at a time, to very little purpoſe, unleſs it was almoſt daily repeated; and have at other

times given from three to five grains of jalap; till I learned there are ſome conſtitutions, even in infants, where the bowels cannot be kept open without a daily exhibition of ſome purgative medicine, and that many ſuch children are as well left to themſelves, and require only to be watched. If a ſtool ſhould be wanted, however, a ſuppoſitory made of a little ſlip of paper, twiſted up, and well moiſtened with oil, may be very eaſily introduced, and will generally anſwer the purpoſe.

But ſhould any bad effects ariſe from ſo conſtipated a habit, and the child be griped, which may be known by the drawing up of the legs, or of the ſcrotum, and a certain manner of crying; or ſhould the coſtiveneſs be accidental, it muſt ſpeedily be remedied; and if the occaſion of it be an improper food, which is very often the caſe, the food muſt immediately be changed. If the

child

child be not uſually coſtive, rhubarb is often the beſt medicine, as it ſtrengthens the bowels afterwards, children being much more ſubject to an over-purging than to almoſt any other complaint. And here I would obſerve, that purgatives for infants ought generally to be made potentially warm, by the addition of a little ginger, pounded cardamom-ſeed, carraway-tea, or dill-water, which is of more conſequence than is uſually apprehended. I have known a careful attention to this circumſtance alone, happily ſuppreſs complaints in the bowels, which had long continued obſtinate, though, in other reſpects, properly treated.

As there is uſually much acidity in the firſt paſſages in coſtive and windy habits, a little magneſia may be given for a few days after the coſtiveneſs has been removed. The nurſe's diet ſhould likewiſe be attended to. If any ſymp-

toms of flatulency ſtill remain, which will not often be the caſe, if it has ariſen merely from conſtipation, a little dill-water is the moſt harmleſs carminative. But ſhould it be an attendant upon a lax ſtate of the bowels, and indigeſtion, its remedy will conſiſt in the removal of thoſe complaints, which will be noticed in their place.

Watching, or Want of Sleep.

THIS is frequently a ſymptom of the foregoing complaints, and is to be removed by opening the belly, and afterwards adminiſtering ſome pleaſant and carminative pearl julap; which will then frequently act like an opiate * by reſtoring reſt. Sometimes, indeed, this method ſucceeded ſo well, when given in large doſes, that I have been ſuſpect-

* See Harris *De Morbis acutis Infantum.*

ed

ed of having given ſome narcotic medicine; which would in theſe caſes prove exceedingly hurtful, as the watchfulneſs is a mere ſymptom, and not a diſeaſe. I cannot, therefore, avoid taking notice in this place, of the deſtructive cuſtom amongſt nurſes, of giving ſyrup of poppies, Venice treacle, and Godfrey's cordial; which, however uſeful in their place, act always as a poiſon, and ſometimes not a very ſlow one, when injudiciouſly adminiſtered, and never can be more ſo, than in a coſtive ſtate of the bowels.

Watching in very young infants is always owing to ſome complaint in the firſt paſſages, and frequently to coſtiveneſs. I ſhall only obſerve farther, if watchfulneſs be confined only to the night, it is probable, the child ſleeps too long in the day time, which may be remedied by keeping it moving, and playing with it throughout the day;

of which farther notice will be taken on the head of Management of children, at the cloſe of this work.

The preceding complaints would naturally lead me to conſider the Thruſh, and other eruptive diſorders, but it is neceſſary firſt to mention a diſeaſe or two, which appearing only very ſoon after birth, would otherwiſe be much out of place.

Icteritia or Infantile Jaundice.

THE jaundice of infants ſeems always to have been improperly conceived of. Thoſe who have written only on children's diſeaſes, have uſually paſſed it over in ſilence, whilſt others have conſidered it as rather a ſerious diſeaſe, and have preſcribed as for the jaundice of adults. On the other hand, parents and nurſes have uſually accounted the common yellowneſs that appears about the

the third day after birth, as the true jaundice. Neither of theſe opinions ſeems to me to be juſt, for the latter of theſe appearances requires no attention at all, and though infants are not ſubject to the troubleſome jaundice of adults, they nevertheleſs are liable to icteric affections that claim ſome attention. Theſe are eaſily diſtinguiſhed from the common yellowneſs mentioned above, by the tunica albuginea, or white of the eyes, being always very yellow, but the nails are never tinged as in the jaundice of adults, though they perhaps would be, if the complaint was long neglected, and the child ſuffered to be coſtive. I have however, waited ſome days to ſee if the yellowneſs would go off of itſelf, as the uſual tinge does, but it has increaſed rather than diminiſhed. It ariſes, I imagine, from viſcid matter obſtructing the biliary ducts which open into the duodenum, and

therefore requires a little emetic. Antimonial wine is a very proper one on this occaſion, as it may likewiſe procure two or three ſtools; but as children in this complaint are not eaſily made to vomit, if the wine fails, I would adviſe three or four grains of the powder of ipecacuanha, which is more certain in its operation, and the next day give four or five grains of rhubarb. Should the ſymptoms continue, the emetic ought to be repeated after two or three days, and rhubarb be given about every other day, till the yellowneſs diſappears; which ſeldom under this treatment continues more than ten or twelve days.

Anomalous Inflammation.

INFANTS are liable to a very dangerous kind of eryſipelatous inflammation, not noticed, that I know of, by any writer; and which I have not often met with

with but in lying-in hoſpitals. It never appears, I think, later than the month, but moſt frequently ſhews itſelf a few days after birth. It attacks the moſt robuſt, as well as delicate children, and in an inſtantaneous manner; the progreſs is rapid; the ſkin turns of a purpliſh hue; and ſoon becomes exceedingly hard.

The milder ſpecies of it appears often on the fingers and hands, or the feet and ancles, and ſometimes upon, or near the joints, forming matter in a very ſhort time. The more violent kind is almoſt always ſeated about the pubis, and extends upwards on the belly, and down the thighs and legs; though I have two or three times ſeen it begin in the neck. The ſwelling is but moderate, but after becoming hard, the parts turn purple, livid, and very often ſphacelate; eſpecially in boys, when it falls on the ſcrotum. The penis ſwells, and the prepuce puts

on

on that kind of emphyſematous appearance which it has in children, when a ſtone is ſticking in the urethra.

Various means were made uſe of at the Britiſh Lying-in hoſpital without ſucceſs; though for a time ſome benefit was received from ſaturnine fomentations and poultices, applied on the very firſt appearance of the inflammation, but it ſoon ſpread, and a gangrene preſently came on; or where matter had been formed, the tender infant ſunk under the diſcharge. It is now ſome years ſince I propoſed making trial of the bark, to which ſometimes a little confectio cardiaca has been added; from which time ſeveral have recovered. Dr. GARTHSHORE, one of my colleagues, has lately tried the application of linen compreſſes wrung out of camphorated ſpirit of wine, in the place of the vegeto-mineral water, which has proved very ſucceſsful in ſeveral inſtances; nevertheleſs, the greateſt

eſt number of infants attacked with this diſorder, ſtill ſink under its violence, and many of them in a very few days.

APTHÆ, or THRUSH.

IT is amongſt the vulgar errors, that the thruſh is a very harmleſs complaint, or is even deſirable to a child in the month; for it is ſaid, if it does not then make its appearance, it certainly will at a more advanced age, and will then prove fatal, or will, at leaſt attend the patient in his laſt illneſs. On this account it is often neglected at its firſt appearance, whereby the acidity in the firſt paſſages, is ſuffered to increaſe, by which the complaint will be aggravated. The thruſh, however, is as much a diſeaſe, as any other that appears in the month, and is connected with the foregoing complaints; a proper attention to which, may very frequently prevent it.

This

This diſorder is ſo well known, as ſcarcely to require any deſcription, and generally appears firſt in the angles of the lips, and then on the tongue and cheeks, in the form of little white ſpecks. Theſe increaſing in number and ſize, run together more or leſs, according to the degree of malignity, and compoſe a thin, white cruſt, which at length lines the whole inſide of the mouth, from the lips to the gullet, and is ſaid to extend into the ſtomach, and through the whole length of the inteſtines; producing alſo a redneſs about the anus. When the cruſt falls off, it is frequently ſucceeded by others, which are uſually of a darker colour than the former. But this is true only in the worſt kind of thruſh, for there is a milder ſort, that is ſpread thinly over the lips and tongue, which returns a great many times, and always laſts for ſeveral weeks. I have ſeen this ſo very

often

often the caſe, that when I obſerve a child to have the complaint very lightly, and that it does not increaſe after two or three days, I venture to pronounce it will continue a long time, but will be of no conſequence. Care, however, ought to be taken the child be not expoſed to cold. The thruſh is ſaid to be generally attended with fever, but this is not uſually the caſe, though the mouth is often ſo much heated, as to excoriate the nipples of the nurſe, and becomes ſo tender, that the child is often obſerved to ſuck with reluctance and caution.—It is an old obſervation amongſt nurſes, and there is ſome foundation for it, that very long ſleeping, in the courſe of the firſt week or two, is often a forerunner of this complaint.

It has long been a received opinion, that the thruſh muſt appear at the anus, and nurſes will ſeldom allow it to be cured if it does not; but the fact is, that its

its appearance there is only a mark of the degree of the diſeaſe, and not in the leaſt of its cure, and is not, therefore, generally to be wiſhed for. The redneſs about this part is occaſioned by the ſharpneſs of the ſecretions in the bowels, and conſequently of the ſtools, which lightly inflame, and ſometimes excoriate the parts about the anus, and in a bad thruſh will do ſo long before the complaint is going off; but in the lighter kind, no ſuch effects are produced, or are, at leaſt, very ſlight.

The remote cauſe of this diſeaſe, ſeems to be indigeſtion, whether occaſioned by bad milk, or other unwholſome food, or by the weakneſs of the ſtomach. The proximate cauſe, is the thickneſs, or acrimony of the juices ſecreted from the glands of the mouth, fauces, ſtomach, &c. producing heat and ſoreneſs in theſe parts.

Much has been ſaid in favor of emetics,

tics, eſpecially antimonial wine, as being almoſt a ſpecific for this diſeaſe, but I cannot ſay it has proved ſo with me; nor can I ſee any ſufficient cauſe for departing from the more ancient practice, in the treatment of this very common complaint.

There can be no objection, after having properly opened the bowels, to adminiſtering an emetic, and where the thruſh is of a dark colour, and the whole fauces are lined with it, I believe it will be uſeful, by emptying the ſtomach of the crude juices oozing into it from the glands of this part. But, I think it would be almoſt as endleſs, as it would generally be prejudicial, to perſevere in the uſe of emetics, for days, and even weeks together, and is both a ſevere, and an unnatural method of treating a tender infant, in which the bowels are always the moſt natural outlet for its complaints; on which, therefore, nature uniformly

throws

throws the offending matter on almoſt every occaſion, as appears plainly in dentition, in which the firſt paſſages cannot be primarily affected.

I believe therefore, where there is no fever, nor any uncommon ſymptom, teſtaceous powders are the beſt and ſafeſt remedy; which may be joined with a little magneſia, if the body be coſtive; or if in the other extreme, and the child be very weakly, a grain or two of the compound powder of contrayerva in its ſtead. Some ſuch preparation ſhould be adminiſtered for three or four days ſucceſſively, and afterwards ſomething more purgative, to carry down the ſcales as they fall off from the parts. For this purpoſe, rhubarb is generally the beſt, but when the thruſh is very violent, is of a dark color, has come on very rapidly, and the child is luſty and ſtrong, a grain or two of the pulvis baſilicus may be joined with it, agreeable to the idea of

HEISTER;

HEISTER; but this muſt be given with caution. After the purgative, the teſtaceous powders ſhould be repeated for two or three days as before, till the diſorder begins to give way. Afterwards a tea-ſpoonful of camomile tea, or a few drops of the tinctura amara well diluted, may be given two or three times with advantage.

The choice of the teſtaceous powders, on which ſome writers have ſaid ſo much, is, I believe, of very little importance; the pureſt and ſofteſt are preferable. The deſign of theſe medicines, being to abſorb and correct the predominant acidity, their effect will be diſcovered from the kind of ſtools they produce, and the doſe may therefore be increaſed or diminiſhed, or they may be altogether diſcontinued, as circumſtances direct. In the mean time, if the child be ſuckled, the nurſe's diet ſhould be attended to, and in general, her uſual quantity of porter

or ale, (which is almoſt always more than ſufficient) ſhould be diminiſhed.

In regard to topical applications, it is neceſſary to obſerve, that as they have little to do in curing the kind of thruſh to which infants are liable, it will be improper to have recourſe to them very early. I know, indeed, it is very common to begin with them, but they ſerve only to increaſe the ſoreneſs of the parts, (eſpecially in the manner they are generally uſed) and to give a deceitful appearance of amendment. If the whole fauces and tongue are thickly covered with ſloughs, it may ſometimes be neceſſary to clean the mouth once a day; but it will in general be uſeleſs, till the complaint is paſt the height, the ſloughs diſpoſed to fall off, and the parts underneath inclined to heal. Proper applications will then have their uſe, both by keeping the mouth clean, and conſtrict-

ing

ing and healing the raw, and open mouths of the excretory veſſels.

For this purpoſe, an hundred different lotions and gargles have been invented, which from the earlieſt times have all been of an aſtringent nature.—That of Dr. SHAW is a very good one, conſiſting of honey of roſes, and ſpirit of vitriol; but nothing is preferable to borax and common honey, (about two ſcruples of the former to an ounce of the latter) which hangs about the fauces better than moſt others. It is alſo applied with more eaſe, and requires only to be laid on the child's tongue, as often in the day as ſhall be neceſſary to keep the parts clean, which it will effectually do, without putting the infant to pain, by being forcibly rubbed on. I muſt own, I have frequently been diſtreſſed, at ſeeing a nurſe rub the mouth of a little infant, with a rag mop, as they term it, till ſhe has made it bleed; and this operation they

will often repeat half a dozen times in a day.

It only remains to take notice of the black thruſh, as it is called, which is, confeſſedly, a very uncommon complaint in the infant ſtate. Dr. ARMSTRONG acknowledges he never has met with it. I have ſeen only one inſtance of it, which was in a ſtrong healthy child. After the ſtomach and bowels have been cleanſed, I believe, a decoction of the bark, with a little cordial confection, is the moſt likely medicine to be of ſervice, and is ſometimes neceſſary in the worſt kind of common thruſh, when the ſucceeding ſloughs are very opake, thick, and of a dark color; which is, however, always a dangerous ſymptom.

The RED-GUM.

THE red-gum is an efflorescence on the ſkin, appearing uſually in ſmall ſpots,

and

and is confined to the face and neck; but it ſometimes extends to the hands and legs, and even the whole body, appearing in very large patches, and ſometimes raiſed above the ſurface. It will likewiſe appear in the form of ſmall puſtules, filled with a limpid, or ſometimes a purulent liquor; at leaſt, I have never known what name to give to this kind of eruption, but that of a rank red-gum, as it happens only in the month, or ſoon afterwards, and never gives any trouble. Every ſpecies of this eruption is produced by the ſame cauſe as the thruſh, but can ſcarcely be termed a complaint, being a kindly effort of nature to throw off ſome acrimony; conſequently an evidence of the ſtrength of the conſtitution, as the thruſh is, uſually, of its weakneſs. In the former, nature throws off the offending matter on the ſurface more completely than in the latter, and there-

fore, when the eruption is ſlight, requires no aſſiſtance.

On this account it is, I apprehend, that writers have not uſually taken notice of it, which I ſhould not have done, but for the ſatisfaction of parents, who are ſometimes diſtreſſed on account of it, eſpecially if it be of the more extenſive, and rank ſpecies. It is neceſſary only that the child be kept moderately warm, otherwiſe the raſh ſtriking in, it will fall on the firſt paſſages, and be ſucceeded by ſickneſs, or purging, (till the efflorescence returns on the ſkin) or not unfrequently by the thruſh, or a ſlight return of it, if the child has lately recovered from it.

Cutaneous Eruptions.

INFANTS are liable to various anomalous kinds of raſh, both in the month, and till the period of teething is over.

over. The early ones may be regarded as a ſort of red-gum, and children who are moſt ſubject to them, generally have their bowels in a better ſtate; the raſh carrying off, as has been ſaid, the acidity* with which they ſo much abound.

One ſpecies is wont to appear about the time of teething, and ſometimes on recovering from a fever, or ſevere bowel complaint; it very much reſembles the itch, and is confined to no particular part of the body, though it appears more frequently about the face and neck. This eruption is certainly ſalutary, and even critical, requires nothing but to avoid taking cold, and is mentioned only becauſe it is a very common appearance, and parents who are unacquainted with it, are apt to be alarmed at it.

There is another very common raſh, to which medical writers have given the

* See HARRIS, Page 22, 23.

name of cruſta lactea, which has a very unpleaſant appearance, but is notwithſtanding equally innocent with the former, and even prevents other complaints. I think I never ſaw an infant much loaded with it, but it was always healthy, and cut its teeth remarkably well. It appears firſt on the forehead, often extends half way over the face, in the form of large, looſe ſcabs, and appears not very unlike the ſmall-pox after they turn. Very little I believe is neceſſary to be done; but in bad caſes a perpetual bliſter may ſometimes be of ſervice. It will diſappear of itſelf when the child has cut three or four teeth, though it may ſometimes continue for ſeveral months. I have known teſtaceous powders and various alteratives adminiſtered to no purpoſe, as people of rank are very anxious to have it removed if it be poſſible. I was lately conſulted for a child who had taken a grain of calomel for ſeveral

months

months without any benefit, and fortunately without any injury; which is rarely the caſe when powerful medicines are adminiſtered unneceſſarily. This raſh will now and then make its appearance very early, and has then been miſtaken by thoſe who are not much accuſtomed to very young children, for the effect of lues venerea. I not long ago ſaw ſuch a caſe, and adviſed only to keep the body open with a little magneſia; the complaint got no worſe, and upon cutting ſome teeth, diſappeared as uſual.

In all eruptive complaints, taking cold ought to be carefully avoided, and the belly be kept open. If the child be ſick at the ſtomach, a little magneſia, teſtaceous powders, or the compound powder of contrayerva joined with them, may be given now and then; or ſhould the raſh be haſtily ſtruck in, a few grains of the cordial confection in ſimple mint water.

If the ſcabs become very dry and hard, which the cruſta lactea will ſometimes be, eſpecially when they extend to the crown of the head, and ſeem to give pain, they may be touched with a little cream; but not a large ſurface at a time. Or, ſhould they be very moiſt, and cauſe pain by ſticking to the cap, they may be duſted with a little powder, and covered with a ſinged rag, but I ſhould be very cautious of doing much more; as the ſuppreſſion of any conſiderable eruption on the ſkin may occaſion the worſt effects.

Sore Ears.

SLIGHT veſications and ulcerations behind the ears of infants are ſo very common, that almoſt every parent is well acquainted with them, and in general require only to be waſhed with cold water, or covered with a ſinged rag, to keep

keep the cap from ſticking to them, and thereby giving the child pain. They are, moreover, often very uſeful, eſpecially during bowel complaints, or the irruption of the teeth. But there is in ſome children of a groſs habit of body, and eſpecially about the time of dentition, a ſpecies of ulcer that often requires attention, on account of its extending low down in the neck, occaſioning great pain, and ſpreading into large ſores. In ſuch caſes, the cure ſhould be begun by a bliſter on the back, in order to draw off the heated ſerum that flows to the parts. I have uſually given an opening powder of teſtacea and rhubarb, with a little nutmeg, to which is added either calomel, cinnabar of antimony, or æthiops mineral, the latter of which, I think I have found more ſerviceable in eruptive complaints in young children, than ſeems to be generally imagined. But above all, ſome mercurial ſhould be made uſe of to

the

the ſores, which though they are often apparently inflamed, never offends them. A very clean and elegant preparation of this kind is the following,

℞. Calomel. ʒj ad ʒij.
Ung. flor. Sambuc. ℥j m. ft. linimentum.

A little of this liniment ſpread thin on a piece of doubled linen cloth, and applied twice a day, will do more than all the fomentations, or healing ointments, that I have ever ſeen uſed; and indeed has always ſucceeded with me, when I have been told the ſores have ſpread deeper from day to day under various other applications. From ſuch treatment I have never found the leaſt ill effects, but children have preſerved their health as well as if the ſores had kept open, which, when benign, are certainly deſigned by nature as a preſervative from ſome other complaints, of which I now proceed to take notice.

VOMITING.

VOMITING is certainly not a common complaint of infants, I mean when conſidered as a *diſeaſe*, unleſs it be attendant upon ſome other, of which it is then rather a ſymptom, or the conſequence of ſuch complaint improperly treated. Neither are infants in health diſpoſed to vomit frequently, unleſs the ſtomach be overloaded: the milk is then uſually ejected as ſoon as it is taken, and comes up unchanged. Nor is this to be conſidered as a diſeaſe, or as calling for the diſcipline recommended by ſome writers. Wherefore ſhould the reſidue of the aliment be forced off the ſtomach by an emetic, when it has already parted with all the oppreſſive abundance? This kind of puking is not attended with any violence to the ſtomach: the milk, or other food ſeems to come up without any

ſenſible

ſenſible action of the ſtomach, or the child being ſick. Nay, it is at once ſo common to ſome of the fineſt children, that it is a ſaying with ſome old nurſes, (though I am not very partial to many of their proverbs) that a puking child is a thriving child; and when ſuch ejection comes only ſoon after ſucking or feeding, and the aliment is caſt up ſcarcely changed, matter of fact verifies the obſervation.* But if the food remains ſome time on the ſtomach, it will then be thrown up in a curdled ſtate, which is an indication to attend to it, if it happens frequently. Not that the milk ought not to curdle on the ſtomach, which it always muſt do, in order to a due ſeparation of its component parts, and is the only digeſtion it undergoes in the ſtomach. The whey and the rich oil are there ſeparated from the curd and earthy

* See PRIMEROS: de Morbis Infant.

particles,

particles, the former being taken up by the lacteal, or milky veſſels in the inteſtines, is converted into blood, whilſt the latter is carried down and expelled with the other excrementitious parts of the food, and gaſtric juices. This is the natural courſe of digeſtion, though many writers have not been ſufficiently attentive to it, and HARRIS has aſſerted it is owing to a predominant acid. But when the milk comes up in a curdled ſtate, it proves that the ſtomach having digeſted what it had received, hath not power to puſh it forward into the inteſtines, and therefore throws up a part of it.* If this be the caſe, the ſtomach may perhaps require to be emptied of its whole contents, which may be eaſily done by giving a little warm water, or camomile

* I have known a child throw up a piece of curd full as large as the thumb of a grown perſon, and as firm as a piece of dough; and be perfectly well the next minute.

tea. The cauſe of the indigeſtion was an accidental repletion; that removed, together with the conſequent foulneſs, or bad juices of the ſtomach, the effect alſo will generally ceaſe, and unleſs the vomiting returns, from any farther injury the repletion may have occaſioned, it requires nothing more. To diſtreſs the child, on every ſuch occaſion, with a ſickening emetic, or drench it with rhubarb and magneſia, is as needleſs as it would be to awake a patient out of a ſound ſleep to give him an opiate. Only let the child faſt a little after having emptied the ſtomach of its load, and the nurſe be careful not to overfill it for the future, and it will rarely want any other aſſiſtance.

If the vomiting, on the other hand, has ariſen from acrid diet, a little further diſcipline may be requiſite, becauſe ſome half digeſted food has got into the bowels, perhaps, for ſeveral

days together. In this caſe a gentle laxative, and change of food for one of a milder kind, is all that is generally neceſſary; or if there be a prevailing acidity in the ſtomach, teſtaceous powders, or magneſia, may be mixed with the food, or be otherways adminiſtered for two or three days, as the occaſion may require. Should the vomiting be a ſymptom attending ſome other diſeaſe, its remedy will turn on the proper treatment of its cauſe. Should that be the ſudden diſappearance of ſome eruption on the ſkin, the child ſhould be put into a tepid bath, the limbs be well rubbed as ſoon as it is taken out of the water, and then put to bed: and if the vomiting continues an emetic ſhould be given, and afterwards a bliſter applied to the pit of the ſtomach.

Having mentioned emetics, I ſhall take this occaſion to obſerve, that the choice of them will be always beſt de-

termined by the nature of the complaints for which they are adminiſtered. In thoſe of the firſt paſſages, ipecacuanha is generally the beſt, but if a fever ſhould attend, or it be wiſhed to promote a gentle diaphoreſis, thoſe of antimony are preferable; or laſtly, in diſorders of the breaſt, the oxymel of ſquills.

But a more troubleſome vomiting will ſometimes ariſe in unhealthy children, from too great a ſenſibility, or too great an irritability of the nerves of the ſtomach. Such medicines are then indicated as will brace, or ſtrengthen that organ, and abate its ſenſibility. For the former, a cold infuſion of the bark, or chamomile flowers, with orange peel, and ſometimes a little rhubarb. For the latter, a ſaline mixture with a drop or two of laudanum. And the benefit of theſe may be increaſed by aromatic and ſpiritous fomentations to the pit of the

ſtomach,

ſtomach, or by the ſtomach plaiſter, with a little theriaca added to it.

GRIPES.

THE gripes is a very common term amongſt nurſes, and ſome writers on children's diſeaſes have treated of it under a diſtinct head; but this ſerves to perplex matters, inſtead of explaining them. If a child is not hungry, or hurt by ſome parts of its dreſs, there are always ſymptoms attending, that will account for its crying, and other expreſſions of pain. The cauſe is indeed very commonly in its bowels, and manifeſts itſelf by purging, which comes next in order to be conſidered.

PURGING.

WHEN a vomiting is an attendant upon other complaints, it has been

obſerved, that it demands a peculiar attention, and is then to be treated agreeably to the nature of ſuch complaints; and there is, perhaps, none which it more frequently accompanies than a diarrhœa.

Vomiting and purging very frequently ariſe from unwholeſome milk or other food, from a moiſt cold air, or from the ſudden diſappearance of ſome eruption on the ſkin. The purging is not then haſtily to be ſtopped, nor even abſorbent powders to be given, till the offenſive matter be firſt carried off; and if a vomiting attend, the cure ſhould begin by adminiſtering an emetic. But though the purging ought not to be checked without previous evacuations, nor to be ſtopped haſtily, yet it is not to be treated with a daily exhibition of rhubarb, which, though a common practice with many, ſerves to keep up a purging after the cauſe has been removed,

moved, by creating a continual irritation in the bowels. A ſufficient doſe or two ſhould be adminiſtered at the beginning of the complaint, and afterwards abſorbents. If the purging ſhould ſtill continue, an emetic will be neceſſary, as purges do not always lie long enough in the ſtomach to carry off the offenſive matter it contains. After this, the child ſhould be purged again, remembering always, that many complaints of infants, whether ſeated only in the firſt paſſages, or attended with fever, will frequently ſeem to be giving way upon procuring ſtools freely, but will ſoon return if the ſame means be not repeated, till the whole irritating matter be carried down. If ſuch repetition fails of ſucceſs, though the diet has been carefully attended to, recourſe ſhould again be had to abſorbents, and even opiates, without which, many bowel complaints will not admit of a laſting cure, from their great

irritability in infants. Such medicines are not indeed very often required till children are ſome months old. But when they are found neceſſary, not only may ſyrup of poppies, but even laudanum be given with the moſt perfect ſafety; though from the time of GALEN, (who cautions againſt giving theriaca to children) till of later years, many phyſicians have been fearful of directing them, and eſpecially HARRIS, who in other reſpects, has written ſo well on their diſeaſes. I remember being called to ſee an infant two days old, who, through a miſtake, had taken ſome hours before four drops of laudanum. The parents were greatly alarmed at the child's lying in a ſtupid, comatoſe ſtate, without being able to take the breaſt or open its eyes. I encouraged the father to believe the laudanum would do no kind of harm, if they would only attempt to get a little breaſt milk down with a tea-ſpoon. Accordingly, though

the

the child lay ſleeping above ſix and thirty hours, it afterwards awoke perfectly well.

Purging in children it is to be obſerved, is not always a diſeaſe. The bowels are the great natural, and critical outlet in infants, as the pores of the ſkin, and the kidneys are in adults. Not the mere diſcharge, therefore, but the cauſe of it is, in the firſt inſtance, to be removed, and the ill effects are to be guarded againſt by keeping the purging within bounds. For this purpoſe, the chalk julep, as it is an aſtringent only by abſorbing the acrid, or changing the acid, and irritating matter, is as ſafe as it is uſeful, is an excellent anodyne, and after the bowels have been well cleanſed, will uſually accompliſh the cure.

Dr. ARMSTRONG takes occaſion to ſpeak againſt the uſe of abſorbent powders, and prefers antimonial wine, becauſe writers appear to depend ſo much

on the former, from their known property of correcting acidity, previous to the exhibition of purges; and ſays, that in caſes of extreme danger, a phyſician who is called in late, would, according to this practice, often find no opportunity for purging at all. But ſurely this is ſcarcely an argument to prove the ſuperiority of his method, ſince no writer that I know of, ever deſigned it as a rule without exception, and HARRIS, who has ſaid the moſt in commendation of the abſorbent powders, does not deny the expediency of ſometimes beginning with purgative medicines. But had it been otherwiſe, the argument goes no farther than to prove, that in caſes of great danger, the antimonial wine, being both an emetic and a purge, ought to precede the uſe of the teſtaceous powders. Inſtead of this, Dr. ARMSTRONG ſlides into a general concluſion from premiſes evidently limited; though he has advanced nothing

thing againſt an eſtabliſhed, and ſucceſsful method of treatment. And I may add, that whilſt he is fearful, the abſorbent powders, (which nobody preſcribes without ſome purging medicines) ſhould check the looſeneſs, and thereby increaſe the fever; he ventures after a repetition of antimonial wine, to adminiſter what he calls a gentle paregoric to appeaſe the pain, conſiſting of a dram of ſyrup of white poppies, repeated every three or four hours till that end be obtained. So that if the pain ſhould continue for nine hours, a child will take half an ounce of ſyrup, and this Dr. ARMSTRONG obſerves is the only medicine he gives, except the antimonial wine, which (notwithſtanding the opiate) he ſuppoſes to be the efficient remedy.

It is of ſome conſequence to learn what part of the bowels is particularly affected; and ſome indication may be had from undreſſing the child, and carefully

fully examining the belly, as well as from the different expreſſions of pain it may manifeſt, either by a forcible contraction of one or both legs, or of the arms, according as the irritating matter may be higher or lower; or on one, or both ſides of the belly. Some regard is alſo to be paid to the kind of ſtools that come away, which in a diarrhœa are ſeldom good, and are uſually diſtinguiſhed into the ſour and curdled, ſlimy, green, clayey, and watery, ſome of which are at times alſo fœtid; and in this caſe, ſome powerful purgative, ſuch as ſena-tea, is oftentimes neceſſary, if the child be not very young. Should theſe purgings return frequently, it will be very uſeful, (eſpecially in the time of teething, or the ſtriking in of ſome cutaneous eruption) to procure a little diſcharge behind the ears, or to apply a burgundy pitch plaiſter to the back. For the former purpoſe, ſome finely pounded Spaniſh flies

may

may be rubbed on the part, till a ſlight excoriation is produced; or perhaps a better, though not a common method, is to draw a coarſe, doubled thread through a piece of common bliſtering-plaiſter, and lay it cloſe behind the ears where they riſe from the head, which will produce a diſcharge exactly from the ſpot where it is wont naturally to ariſe.

When the ſtools appear ſour or curdled, or the child is much diſpoſed to hiccough, the magneſia, and other abſorbent powders are calculated to afford peculiar aſſiſtance, to which a little grated nutmeg may be added. When they are green or clayey, a drop or two of the lixivium of tartar may be occaſionally put into the other medicines, or a little ſoap be diſſolved in the glyſters, which are eſſentially neceſſary when much griping attends this complaint. The child's belly may likewiſe be rubbed with a little warm brandy.

It may be proper in this place to take notice of a peculiar tightneſs and hardneſs of the ſkin over almoſt the whole body, that ſometimes attends that kind of purging where the ſtools are of a waxy, or clayey conſiſtence, and uſually takes place in the laſt ſtage of the diſeaſe, always affording a very unfavorable prognoſtic. It very rarely appears, I believe, but in diſorders of the bowels, on which account I have not aſſigned it a diſtinct head, though otherwiſe of ſufficient importance.

This ſymptom, or perhaps rather diſeaſe, ſomewhat ſimilar to that called *hyde-bound* in quadrupeds, has not been mentioned in this view, by any writer on the diſeaſes of infants. The ancients,* indeed, deſcribed a ſomewhat ſimilar affection, under the name of Στεγνοσις, and *Cutis adſtrictio*, but appear always to ſpeak

* See GALEN. Lib. iii. and ÆGINETA Lib. i.

of

of it as a complaint of adults, often occaſioned by cold. Dr. DENMAN firſt took notice of it in children, and has for ſome years paid great attention to it. It ſeems to be a ſpaſm depending upon a certain morbid ſtate of the firſt paſſages, with which the ſkin is known to have a peculiar ſympathy, which inſtead of lying looſe and pliable on the cellular membrane, is perfectly rigid as if it adhered to the bones. Some children indeed have been born with the complaint, none of whom have been known to live. It is, I believe, not as yet well underſtood, and is therefore not mentioned here, ſo much for the ſake of any remedy I have to propoſe, as to induce practitioners to pay a proper attention to it, that a complaint of ſo fatal a tendency, and hitherto but little noticed, may be fully inveſtigated. The only infant I have known to recover, was under the care of Dr. DENMAN, who in a very dangerous com-

plaint

plaint of the bowels, attended with this ſymptom, directed a ſuitable abſorbent julap, made very warm with the aromatic volatile ſpirit.

The true watery gripes, ſo called, is eſteemed the moſt dangerous of all purgings; not that the having a few very thin ſtools is an evidence of its exiſtence, for in almoſt every purging of a few days continuance, the ſtools are very thin as well as numerous. But in this caſe, they are thin very early in the diſeaſe; the child looks wretchedly, and every thing it takes runs almoſt immediately through it, with very little change, as in the lientery of adults. The firſt thing to be done is to give a puke, and afterwards a warm purge with rhubarb, if the diſeaſe is not far advanced. Very ſmall doſes of ipecacuanha, or a drop or two of antimonial wine, given every ſix or eight hours, with a few grains of the cordial confection, appear to me amongſt the

beſt

beſt remedies. To theſe ſhould be added a ſtarch glyſter two or three times a day, and even a few drops of laudanum (either in the glyſters, or with the laſt mentioned medicines, or the chalk julep) without which mere abſorbents will often effect nothing.

It has already been hinted, that where there is no fever, purging medicines for children ought to be made potentially warm, and in no caſe is it more neceſſary, than in long continued complaints of the bowels, which are ſo apt to give riſe to ſpaſmodic affections. I am not very fond of giving preſcriptions, but it may not here be altogether amiſs for ſome readers, ſince the following, conſidered as a general medicine, has been found ſo frequently uſeful, and will keep for a great length of time.

Take of rhubarb from fifteen to twenty grains; two ſcruples of magneſia alba; ſweet fennel, and dill waters,

of

of each one ounce; half an ounce, or ſix drams of ſolutive ſyrup of roſes, and fifteen or twenty drops of the aromatic volatile ſpirit. Of this, one, two, or three, tea-ſpoonsful may be given two or three times a day, and being very pleaſant, children are never averſe to it.

It was ſaid that bowel complaints of children frequently were owing to improper food, which on this account, ought to be peculiarly attended to; and when a purging has taken place, ought to be ſuited to the nature of the ſtools. At the cloſe of this work, in the few directions that will be given on the management of children, ſome farther notice will be taken of the article of their food; at preſent, I ſhall only obſerve, that cow's milk is often found to diſagree with them, when their bowels are diſpoſed to be too open, at which times, a little lean mutton broth, or beef-tea is abundantly preferable. On

the

the ſame account, ruſks, and biſcuit-powder are more ſuitable than bread, but at other times, I believe, either the common, or the French roll, which is already half digeſted by a previous fermentation, is more eaſily diſſolved in the ſtomach, if there be not a predominant acid in the firſt paſſages. But where there is an habitual diſpoſition to a purging, I know of no diet ſo proper for infants who do not ſuck, or who cannot have enough of the breaſt, as flour baked a long time in the oven, till it breaks into a ſoft, greyiſh coloured powder, and afterwards mixed with boiled cow's milk; which becomes a light and ſoft food, and ſufficiently reſtringent. I have often known more good from this diet, than from all the abſorbent medicines ever deviſed, and have received more thanks for the preſcription, as it proves a permanent remedy. When children who are weaned,

are attacked with repeated purgings, and even broth is found to run through them, I have obſerved no food ſo generally uſeful as a bit of the white of chicken, not over boiled, and afterwards lightly bruiſed in a mortar with the chicken liquor, and a very little bread, into a kind of light jelly. But this ſhould not be given more than two or three times a day.

CONVULSIONS.

CONVULSIONS are of two kinds; the ſymptomatic, depending upon another diſeaſe, and the idiopathic, ſaid to be an original complaint, and ariſes from a morbid affection of the brain, though the diſtinction be not perhaps perfectly philoſophical, or accurate.

It is for want of ſome ſuch diſcrimination, however, that writers have had occaſion to obſerve, that children are much oftener ſuppoſed to die of convulſions

vulſions than they really do; for though a convulſion frequently cloſes the ſcene, it has generally ariſen from the great irritability of their nerves, and violence of the diſeaſe under which they have laboured. Such original cauſe may be a raſh improperly repelled, but is much oftener ſeated in the gums in teething, or in the firſt paſſages, where ſome undigeſted matter, or ſometimes pent-up wind, irritates the coats of the inteſtines, and produces irregular motions throughout the whole nervous ſyſtem. Such a load, whether from too great a quantity, or bad quality of the food, by occaſioning a faulty ſecretion, muſt act like a poiſon; and that the convulſions are owing to this cauſe may be known by the complaints that have preceded them, ſuch as loathings, coſtiveneſs, purging, pale countenance, large belly, and diſturbed ſleep. If the child be two or three years old, it may be more

readily diſcovered, that there is a load at the ſtomach; the tongue will be foul, the ſkin hot, and the pulſe quick and weak. But if it be granted, that the convulſions of children are generally ſymptomatic, they may nevertheleſs be ſaid to die of them more frequently than ſome authors have allowed; for where a diſeaſe is diſpoſed to produce convulſions which ſometimes prove fatal, the convulſion, though a mere ſymptom, ought to be carefully attended to; and may ſometimes be prevented or removed, by its peculiar remedies, the diſeaſe which occaſioned it being at the ſame time properly treated.

Any little matter capable of irritating the nervous ſyſtem, will induce the ſymptomatic convulſions in ſome infants, whilſt others will withſtand a great deal. For ſuch habits as the former, the cold bath will be found the beſt preſervative. Every young infant

is, however, more or leſs, prediſpoſed to this complaint, eſpecially from any conſiderable diſturbance in the firſt paſſages, as was mentioned before, particularly the bad quality, or over thickneſs of the breaſt-milk; and from frights of the wet-nurſe. Of this I remember a remarkable inſtance in a patient of my own, in whoſe houſe a viſiter dropped down ſuddenly dead. The mother of the child, which was ſix months old, was exceedingly alarmed, but her attention being for a moment called off by its crying, ſhe incautiouſly put it to her breaſt. It was not an hour afterwards that the infant was ſeized with a fit, and lay either convulſed or comatoſe, without ſo much as taking the breaſt, for the ſpace of ſix and thirty hours; though it was at length happily recovered.

The cure of every convulſion will conſiſt, principally, in removing the

exciting cauſes, which muſt, therefore, be inquired into. If from indigeſtion and irritation in the bowels, whatever will expel the acid contents will cure them, if adminiſtered in time; and we ought generally to begin with a glyſter. If the ſtools appear very foul after common purges, (in which caſe there will frequently be a dyſpnœa) a few grains of the baſilic powder may be given with great propriety. But if the diſpoſition to convulſions continues, after the bowels have been pretty well emptied, antiſpaſmodics ſhould be adminiſtered,* ſuch as tincture of ſoot or of caſtor, ſpirits of hartſhorn, a drop or two of

* I ſpeak from my own experience of the efficacy of ſuch remedies, and it may not be amiſs to obſerve that HARRIS, who is extremely cautious of giving heating medicines to infants, ſpeaks favorably of ſome of theſe.—"Uſus horum (ſays he) haud prorſùs improbandus eſt, vel in tenellis: nempe quia acidum abſorbendi facultate excellunt. Verum ſummâ cautione" &c.

laudanum,

laudanum, or, what I have found remarkably ſucceſsful, oil of rue; which though an obſolete medicine, I think I have never adminiſtered, when there was any chance of recovery, where it has not been ſerviceable. Should the convulſions ariſe from the diſappearance of a raſh, or of a diſcharge behind the ears, the warm bath, bliſters, gentle purges, or a few drops of the aromatic volatile ſpirit, bid the faireſt for adminiſtering relief. But when the cauſe is unknown, as the approach of ſmall-pox, meazles, or other eruptive complaint, bathing the feet in warm water, and throwing up a glyſter, are the ſafeſt means. If from teething, after gentle evacuations, and other means directed under that head, bliſters, oil of rue, laudanum, or HOFFMAN's anodyne liquor are the grand remedies.

If convulſions come on without any of the preceding ſymptoms, they may

be concluded to be a primary diſeaſe, and to proceed immediately from the brain. Some derivation is therefore to be made, by bleeding, if the child ſeems able to bear it, or by leeches behind the ears; by bliſters, purging; bathing the feet in warm water; friƈtions of the legs, and rubbing the ſoles of the feet with the aromatic volatile ſpirit. If the fits are ſlight, and return often, iſſues or ſetons ſhould be made between the ſhoulders, or in the neck, and be kept open for a length of time. But it generally happens that this ſpecies of convulſion in young children terminates very ſoon, ſometimes in ten minutes, and is indeed often fatal before any means can be uſed. Indeed, I believe when they are ſo ſuddenly fatal to very young infants, they are more frequently ſymptomatic, and owing to overfeeding; in which caſe, a vomit, or if there be not time for that, paſſing a feather into the throat, might poſſibly,

poſſibly, have a happy effect. I have known ſome of the largeſt and fineſt children I have ever ſeen, die preſently after the nurſe had boaſted of their having eaten three boats-full of victuals.

It is to be noted, that ſymptomatic convulſions are ſometimes the effect of a ſalutary effort of nature, to produce a criſis in ſome diſeaſe the child labors under; in which caſe, great caution ſhould be uſed not to be over officious: bathing the feet in warm water however, as mentioned before, will be perfectly ſafe, and perhaps uſeful.—Having ſpoken of opiates, I ſhall juſt obſerve, that though they are often very ſerviceable, when judiciouſly preſcribed, they become very hurtful if improperly adminiſtered. They will always be ſafe, where convulſions continue after the firſt exciting cauſe has been removed; or where they are ſo violent as to become an obſtacle to adminiſtering proper remedies; or when

the

the original complaint is of a ſpaſmodic nature. When convulſions return frequently, it is of importance to attend to the diſtance of the paroxyſms, or returns; from which a much better indication may be had of their violence and danger, than from the forcible contraction of the muſcles during the fit. For where the intervals are ſhort, though the fit itſelf be not long, nor violent, the diſeaſe is more dangerous, than where violent fits are attended with long intervals.—A very common cauſe of convulſions, not yet mentioned, is worms; the cure of which will depend on the proper treatment of that complaint, and will be noticed in its place.

TEETHING.

THE complaints ariſing during dentition ſeem to come in with propriety after the foregoing, moſt of which are blended

blended with it, the firſt paſſages being always more or leſs affected. The ſtate of dentition is likewiſe not unfrequently an occaſion of many complaints afterwards to be mentioned, ſuch as cough, fever, the rickets, and even conſumption; under each of which heads therefore, occaſional references will be made to it.

The time of teething is a moſt important period of the infant ſtate, and ſubjects it to manifold complaints and dangers. Some writers indeed, and particularly Dr. CADOGAN*, and Dr. ARMSTRONG, ſeem to think otherwiſe, and that teething is ſcarcely to be ranked amongſt the diſeaſes of infants. They have imagined that children would cut their teeth with no more danger, if otherwiſe healthy, than adults, who often cut their wiſe teeth, ſo called, at an advanced age, without any difficulty, and always

* See his Eſſay on Nurſing, &c.

without

without hazard. They likewiſe obſerve that many children get their teeth eaſily. But this argument muſt ſuppoſe the healthieſt, and beſt nurtured children, to be, in all reſpects, in the ſame circumſtances with adults, which is, by no means the caſe; as they are liable to fever, dangerous purgings, and even convulſions, from cauſes that would, in no wiſe, affect the latter: nor can they ſtand under thoſe complaints ſo long as adults, nor endure the neceſſary remedies. For the ſame reaſon, the meazles and ſmall-pox carry off ſuch numbers of infants, when attacked by them a little more ſeverely than common, whilſt young, and healthy people, often ſtruggle through the moſt dangerous and complicated kinds, when properly treated from the beginning. Not to mention, that very few infants who are unhappily affected with lues venerea, recover under any treatment, whilſt adults are cured in the

moſt

moſt advanced ſtages of the complaint, notwithſtanding ſome parts may be actually mortified. I have, therefore, no doubt but the time of dentition ought to be ranked amongſt the moſt dangerous to infants, and that the greateſt attention ought to be paid to it; though it is probable, Dr. ARBUTHNOT greatly over-rates its fatality, when he ſays that one child in ten may be ſuppoſed to ſink under it.

This period uſually commences between the fifth and tenth months, and the proceſs of the firſt teething continues to the eighteenth at the leaſt, and ſometimes much longer. The two front teeth in the lower jaw are uſually cut the firſt, and it is commonly a few weeks longer, before the correſponding ones in the upper jaw make their appearance. After which, there is frequently a conſiderable ſpace, before the next under teeth come out; but ſometimes, though not often, ſix or eight are cut in a haſty ſucceſſion. Chil-

dren

dren ſometimes cut their teeth irregularly, or croſs, as it is called, both by the teeth appearing firſt in the upper jaw, and alſo at a diſtance, inſtead of being contiguous to each other: this is accounted, and with ſome reaſon, an indication of difficult, or painful dentition.

Teething is uſually preceded and accompanied with various ſymptoms; the child drivels, or ſlavers much, the gums ſwell, ſpread, and become hot; there is often a circumſcribed redneſs in the cheeks; a looſeneſs, gripings, green ſtools, watchings, ſtartings in the ſleep; the child ſhrieks often, and thruſts its fingers into its mouth: and theſe ſymptoms are ſometimes followed by a cough, difficult breathing, fits, fever, and maraſmus, or univerſal decay.

Strong and healthy children cut their teeth both earlier and more eaſily than the weak and tender. I have known a weak, and rickety child, without a tooth

at twenty two months old,* though it lived to grow up; but at the age of five years became ſcrofulous. Therefore, air, exerciſe, wholſome food, and every thing that has a tendency to promote general health, will greatly contribute to the ſafety of dentition.

Difficult teething is to be treated nearly as other acute diſeaſes with local inflammation. If the body be at all bound, ſome opening medicine ſhould be adminiſtered, and it is to be obſerved, that even a conſiderable degree of looſeneſs is uſeful; few children cutting their teeth ſo well as thoſe whoſe bellies are at this time much more than commonly open. Diluting drinks are alſo very neceſſary, eſpecially if the child does not ſuck; with a light food, in ſmall quantities, and frequently taken. If much fever attends, the loſs of a little blood, in-

* PRIMEROSE ſpeaks of it being as late as the third, or even fourth year.

ſome

ſome way, will be neceſſary, though children do not endure bleeding ſo well as they do other evacuations. If the propriety of bleeding with the lancet be doubted, a leech or two, as HARRIS adviſes, may be applied behind the ears, and is generally ſerviceable. Glyſters are alſo very uſeful, and gentle ſweats, eſpecially of tartar emetic; which beſides opening the belly, often operates in this way: a bliſter ſhould likewiſe be applied between the ſhoulders, particularly if there be any diſpoſition to fits. And, indeed, if ſtools do not afford ſome conſiderable relief, there ſhould generally be ſome diſcharge from the ſkin; ſince a purging, and cutaneous eruptions, when ſpontaneous, are the grand means of eaſy dentition. A little diſcharge ſhould, therefore, be kept up behind the ears, by rubbing the parts with Spaniſh flies, applying a thread as before directed, or putting on a ſmall bliſter; which

which may be kept open. A burgundy pitch plaiſter laid on the back will ſometimes ſuffice, which ſhould be renewed every ten days, till the ſymptoms diſappear, or the teeth come into ſight. Even before this period, light ſcarifications of the gums are very uſeful, by taking off the tention; or if the teeth are at all to be felt, lancing them, as it is called; the proper method of doing which will be noticed below.

I ſhall cloſe what I have to offer on the plan of treatment, by obſerving that the indications certainly are to aſſiſt the irruption of the teeth, and to moderate the inflammatory and other ſymptoms. It has been obſerved, that a purging is beneficial, and it is, indeed, ſurprizing how conſiderable a diarrhœa children will ſtand on this occaſion, and how very bad the ſtools will often be for many weeks together, and a child happily ſtruggle through; though at

another time, ſo much purging, and ſuch bad ſtools, with a continual fever, would prove infallibly fatal. The diarrhœa is therefore, not only to be cautiouſly treated according to the directions already given under the article of purging, but is oftentimes rather to be encouraged than ſuppreſſed.

For the fever of dentition, beſides bleeding, the abſorbent powders are eminently uſeful, and are, in various reſpects calculated to afford relief. To theſe, ſometimes a grain or two of Dr. JAMES's powder may be added at bed-time, which if there ſhould be any thing amiſs in the ſtomach or bowels will either vomit or purge, but otherwiſe (it has been ſaid) will promote a kindly ſweat, which is always beneficial. Nitre is very often uſeful, joined with the teſtaceous powders, or a little of the compound powder of contrayerva.—SYDENHAM directs three or four drops

of

of the aromatic volatile ſpirit, in a ſpoonful of water every four hours, for four or five times, and I have thought it very ſerviceable after proper evacuations; but this doſe may be conſiderably increaſed, according to the age of the child. Nor is a drop or two of laudanum to be feared, if the bowels have been previouſly opened, the pain not very great, and the breathing not difficult.

When it is found neceſſary to lance the gums (which is ever, at leaſt, a ſafe operation) it ſhould always be done effectually, with a proper gum lancet, and not with a needle, a ſixpence, or ſuch like inſtrument, which will not ſufficiently divide the gum, or the ſtrong membrane that covers the teeth. The lancet ſhould always be carried quite down to them, and even be drawn acroſs the double teeth. This little operation certainly gives little or no pain,

and the relief, is at the ſame time, often ſo conſiderable that the child appears exceedingly pleaſed with it, and will immediately ſqueeze the jaws and grind them together forcibly, which proves the gums are not very ſenſible.

The moſt painful part of dentition, and that in which children are moſt expoſed to convulſions, is uſually from the teeth cutting through the perioſteum (or nervous membrane mentioned above) that covers the jaw immediately under the gums. This, I apprehend, in difficult dentition is often not cut through, but is forced up before the teeth, when they are even in ſight under the thin gum; hence it is, that cutting through the gum is ſo very often uſeful, and takes off fever and convulſions, which ſevere ſymptoms could not ariſe merely from piercing the gum, which it has been ſaid is not a very ſenſible part. At other times, the pain and fever ſeem

to ariſe from almoſt the very firſt ſhooting of the teeth within the jaw, and then they will very often not appear for ſome weeks after the gums have been properly lanced; and parents are therefore apt to conclude, the lancing has been unneceſſarily done. I am, however, convinced from experience, that this little operation, though not in the general eſteem it ought to be, is often inexpreſſibly uſeful, and appears to have ſaved very many lives, after the moſt dangerous ſymptoms had taken place, and every other means of cure had been made uſe of.

It may be ſafely repeated, the ſcars doing no kind of harm. And indeed it will be frequently neceſſary to repeat it, on account of the extraordinary difficulty with which ſome infants cut their teeth, eſpecially the double ones, which are furniſhed with two or more knobs or points. Fever, purging, and even con-

vulſions will ſometimes ariſe from only one point of a large tooth offending the perioſteum that covers it, and being nearer the ſurface than the other points, the lancet ſometimes does not compleatly divide the membrane that covers the reſt; and this part not being injured by the tooth, the ſymptoms ſubſide on having divided that portion of membrane that was inflamed. But in a little time, another point of the ſame tooth is found to irritate the perioſteum, and calls for the like aſſiſtance of the lancet, which again removes all the complaints. This, at leaſt, I have conceived to be the proceſs, when I have found lancing a large tooth immediately remove every terrible ſymptom, though the fever and other complaints have returned, and the tooth not appeared till the operation has been three or four times repeated.

Some writers however, and Dr. MILLAR particularly, have adviſed, not to

cut

cut quite down to the teeth, but only to ſcarify the gums, unleſs the teeth are very near. He ſuſpects that the inſtrument often injures them and produces caries, which he thinks will be communicated to the ſucceeding ſet of teeth. But this is a needleſs ſcruple, and I apprehend ariſes for want of duly attending to the ſecond teething of children. For though the firſt ſet (which are deſigned by nature to be only of ſhort duration) ſhould actually be injured by the lancet, the ſucceeding ones are not at all likely to be affected by the carious ſtate of the former. For the firſt teeth of infants conſtantly become carious even to the very roots, and are looſened and expelled by that means, when left to nature alone; and though the upper parts of the new teeth are in contact with the carious bottoms of the firſt ſet, which are even expelled by the force and growth of the new ones, they

are found to ſuffer no injury at all from the contact. I have dwelt the longer on this head, becauſe writers are not agreed on this ſubject, and it is a matter often-times of no ſmall importance.

It is common to touch the gums with oils and mucilages. If any thing of the kind be made uſe of, a little honey, I believe, is as good as any thing, or lightly acidulated with ſpirit of vitriol; and the beſt kind of coral is a cruſt of bread, or a piece of liquorice root, which will yield a little to the preſſure of the gums.

It ſhould be a pretty general rule during the time of teething, to abate a little of the uſual quantity of the food, and to increaſe the quantity of drink; unleſs the child be very weakly, or every thing be going on perfectly well: or if the child be at the breaſt, ſome regard ought to be paid to the diet of the nurſe.

Children

Children will ſometimes have ulcerated gums in teething, even where they have not been lanced, which are eaſily cured by keeping the body open, and touching them with aſtringent applications. As much white vitriol, or roch alum as will give a moderate roughneſs to a little honey, is uſually ſufficient for this purpoſe. But ſhould this fail in any caſe, it muſt be treated as directed under the head of canker.

Fever.

THOUGH ſome writers have ſuppoſed infants to be as liable to fevers as adults, and from the ſame cauſes, I have by no means found it ſo, and I wiſh parents to take comfort from the conſideration; having obſerved for many years, as well in the hoſpital, as in private practice, that infants do not readily take common fevers, though expoſed for

for a long time to that contagion which has appeared to affect adults around them. Their fevers are alſo of a ſhort duration if properly treated, as HIPPOCRATES has judiciouſly obſerved*; unleſs the few that ariſe from ſome more permanent irritating cauſe.

Thoſe to which young children are the moſt liable, are from teething, foul bowels, worms, ſome eruptive and very contagious complaint, or from taking cold. The latter, if ſevere, will always be attended with a cough, hoarſeneſs, and ſome difficulty of breathing, and often with running at the noſe or eyes, which will diſtinguiſh the fever from all others, except it be the meaſles; which will be attended likewiſe with violent ſneezing, and a peculiar appearance of the eyes not often met with in a common cold.

* Lib. de Natura Humana.

If a fever from cold be conſiderable, the cough violent, and the difficulty of breathing very great, a bliſter will always be ſafe and expedient, and may be applied at the pit of the ſtomach inſtead of the back, as being both leſs painful under any motion of the body, and more readily got at to be dreſſed, or for the application of freſh cloths, where the diſcharge happens to be conſiderable. But if the fever and difficulty of breathing ſhould not be very conſiderably abated by the bliſter, children though within the twelve-month, will bear and even be much benefited by the loſs of a little blood,* at leaſt by the application of two

* In mittendo ſanguine, non tam annos medicus numerare, quam vires ægrotantis æſtimare debet. CELSUS. Lib. ii. cap. 10. p. 78.

GALEN indeed forbad bleeding till after fourteen years of age, but ſince the time of CELSUS, that abſurd idea has been exploded. RHAZES permitted

two or three leeches, as I have frequently ſeen; and I mention this again, becauſe it has been thought ſo highly improper for infants. But I can venture to ſay, they will be much leſs reduced by it, than by the continuance of the fever, which the loſs of a little blood will, in many caſes, ſhorten by two or three days; and which is ſometimes abſolutely neceſſary.* Oily medicines, likewiſe, made into a neat emulſion, are often uſeful, eſpecially if the child be not at the breaſt; but they ſhould be preceded by an emetic of antimonial wine, as there is uſually much phlegm on the ſtomach; children

permitted cupping after three or four months; AVICENNA at a year old.—Some allowed of bleeding in the feet or legs, though not in the upper parts; but this uſeful operation is now juſtly unconfined, and extended, occaſionally, to every period.

† Multa in præcipiti periculo recte fiunt, aliàs amittenda. Id. Lib. iii. cap. 18. p. 150.

never

never coughing it up. On this account alſo, the body ſhould be kept perfectly open, and this purpoſe is uſually well anſwered by ſmaller doſes of antimonial wine, or of Dr. JAMES's powder; but if they ſhould fail to procure ſtools, as they ſometimes will, where there is much fever, they rather do harm than good, unleſs a little manna, or rhubarb be joined with them.

It is very neceſſary here to obſerve, that though preparations of antimony may perhaps be ſafely adminiſtered under the eye of very attentive parents, they are very powerful medicines, and not to be preſcribed by nurſes and ignorant people, or without great caution. And I hope this may be admitted as an apology for the liberty I have taken in ſaying ſo much againſt the indiſcriminate uſe of antimonial wine, which has induced ſome people to make free with medicines of this claſs, who are in no wiſe competent judges.

judges*. But where ſuch medicines are found to agree, children frequently ſtand in need of no other; though if the fever be very conſiderable, I have given nitre to advantage to infants of only a few months old. I often join it with a little of Dr. JAMES's powder, proportioned to the age, and about two grains of the compound powder of contrayerva.—If the head be much affected, putting the feet into warm water, or applying a milt to them juſt taken from the animal, are admirable remedies; and I think have ſometimes ſaved a life after all hope had been given up.—If the chief complaint be a cough, attended with very little fever, the breaſt milk is often as good a balſamic as can be had; but if the child be dry-nurſed, a little ſyrup of balſam is both pleaſant and uſeful.

If the fever be not owing to taking

* A nurſe very lately propoſed giving half a grain of tartar emetic to an infant of a few days old.

cold.

cold, to worms, teething, or ſome eruptive complaint, it will generally be found to ariſe from ſome foulneſs in the firſt paſſages, in which caſe, opening the belly, and afterwards giving a puke and the teſtaceous powders, uſually remove it. Theſe abſorbent powders are an admirable medicine, as well for the little fevers, as for almoſt all the complaints of very young children. This, the judicious HARRIS was ſo ſenſible of, that he thinks them alone, ſufficient to effect almoſt every thing during the infant ſtate, and has done unſpeakable ſervice by aboliſhing the uſe of cordials, and other heating medicines in the treatment of their complaints. And though abſorbents will not, perhaps, do every thing he has imagined, yet are there very few medicines of ſuch general uſe. But ſhould the fever withſtand theſe common remedies, or be found to increaſe, it will be neceſſary to give ſome of the above

medicines,

medicines, or what is ſometimes very uſeful, little draughts with lemon juice and ſalt of hartſhorn, in which the latter is left a little predominant; or a few drops of the aromatic volatile ſpirit, in a little water, four or five times a day.

Hectic Fever and Marasmus.

NOT a few both of the preceding and following complaints are ſometimes found to induce hectic fever, and maraſmus, or a waſting of the whole body. I have nothing new, indeed, to offer on this head, unleſs it be by way of encouragement to hope for a better iſſue in the hectic fever, under certain circumſtances, than we are wont to expect.

This fever as it is apt to ariſe from other complaints, is very often owing to their having been imprudently treated, eſpecially by ſuppreſſing ſome eruption or diſcharge from the ſkin, or incauti-

ouſly ſtopping a purging during the time of dentition. In ſuch caſes, and indeed whenever the hectic fever is confirmed, the meſenteric glands become affected, are exceedingly enlarged, and often ſuppurate. In this ſtage of the complaint there is no hope; but there is ſometimes a threatening appearance of hectic fever, where nevertheleſs nature effects a ſalutary and wonderful change, and will reſtore the emaciated infant as from the very jaws of death. And this, indeed, is very often the work only of nature, art doing no more than ſuperintending her work, and preventing her being counteracted by the uſe of improper medicines, or diet.

Such ſalutary turns in this fever are, as far as I have obſerved, only in that ſpecies of it ariſing from worms, or teething; and in which I have known recoveries after hope had long been given up, and all attempts been lain aſide.

HARRIS recounts ſome remarkable recoveries in what he calls the atrophia verminoſa, and attributes the cures to the free uſe of good æthiops mineral; but I have ſeen none ſo marvellous as in the atrophia lactantium. In this, I have known children after being reduced by purging, and other complaints, lie for three months in the cradle, ſcarcely fit to be moved, with continual fever, fluſhed cheeks, emaciated countenance and limbs, a large belly, inceſſant cough, and almoſt without taking any nouriſhment, recover, as it were in a few days, upon unexpectedly cutting half a dozen teeth.

After having ſaid this, it will not be expected I ſhould offer much on the head of medicines; I ſhall therefore only obſerve, guarding againſt coſtiveneſs is all that ought to be attempted in this advanced ſtage of the complaint. Some attention, however, ſhould be paid to the diet, which ought chiefly to be of milk, rice,

rice, ſemolina, and ſuch like, with light puddings; but above all, plenty of freſh air, and as much exerciſe as the weak ſtate of the child will bear.

Meazles, Small-pox, (Inoculation.)

THE ſmall-pox and meazles, though complaints to which children are very liable, are by no means peculiar to them; nor are young infants even very ſuſceptible of contagion, unleſs directly expoſed to its influence. Whenever they take place, however, they are to be treated as in adults, with but little other difference than what every practitioner is well acquainted with, that of greater caution and tenderneſs; as they cannot bear the powerful antiphlogiſtic regimen and evacuations, often proper for the other*.

* Ex toto, non ſic pueri, ut viri, curari debent. Celsus, Lib. iii. cap. 7. p. 134.

On theſe accounts, it will be unneceſſary to ſay much upon theſe complaints. I ſhall therefore only obſerve that, not only ought children's bellies to be kept open through the meazles, but unleſs they are very young, they will bear and even require one or more bleedings, when the inflammatory ſymptoms run very high, either before or after the turn.—I ſhall however take this occaſion to drop a word or two on the ſubject of inoculation, becauſe parents are very apt to fall into great miſtakes reſpecting the age, and circumſtances moſt proper for this operation.

It is too common an opinion that a very young infant, ſucking at the breaſt, is the fitteſt ſubject for inoculation, and medical people have ſome difficulty in perſuading parents to the contrary. Children are then ſaid to be clear from humors, their blood mild and balſamic, their food innocent, and they are free from

from all violent paſſions of the mind. But all theſe advantages may be counterbalanced by the delicacy of their frame, their diſpoſition to ſpaſm, and their inability to ſtruggle with a ſevere attack of the diſeaſe, if it ſhould chance to fall to their ſhare. And ſuch, indeed, are the facts; infants uſually have the ſmall-pox very lightly, whether taken naturally, or from inoculation; though in both, they have ſometimes expired in a fit at the time of the eruption, and ſcarcely ever get through the diſeaſe, if they are very full, or it proves of the confluent, or malignant kind. And this furniſhes a peculiar objection to inoculating infants at the breaſt, which ariſes from their neceſſarily lying ſo much on the arm of the mother, or the wet-nurſe, eſpecially in the night; the heat expoſing them to a much more copious eruption, than children who are weaned. This I have ſeen clearly exemplified in

the inſtance of a child whoſe mother could ſuckle only with the left breaſt; the conſequence was, that the left ſide of the child was perfectly loaded with the eruption (though the pock was of the diſtinct kind) whilſt the other had only a very moderate ſprinkling. The child however ſunk under the ſecondary fever at the end of five, or ſix weeks, though turned of two years old; the only child I have known to die of inoculation at ſo advanced an age.

From this view of the matter, it is pretty evident, I think, that this operation ought, uſually, to be poſtponed to a later period, which is pointed out by the child having cut all its firſt teeth. To which may be added the obſervation juſt made, that infants are not much diſpoſed to take the ſmall-pox naturally, unleſs much expoſed to the contagion, and that fifty children die under the age of two years, of other complaints,

to

to one that dies of the natural ſmall-pox. Should it however be in the ſame houſe, or much in the neighbourhood, and the parents find it difficult to remove the child out of the way, it will run a leſs riſque in being immediately inoculated, as that operation is now ſo well underſtood, and ſucceſsfully conducted, than by taking the chance of eſcaping the infection, or of recovering from the diſeaſe, if it ſhould happen to take place.

Rickets.

THIS complaint was ſo named about the year 1628, § and is ſaid never to have made its appearance in England, till upon the increaſe of manufactures, people left the villages and huſbandry, to ſettle in large manufacturing towns; where they wanted that exerciſe, and

§ See Primerose.

pure air, which they had enjoyed in their former ſituation, and employments.

It may therefore frequently ariſe from unhealthy parents, eſpecially from mothers who paſs too ſedentary a life in a bad air, and feed upon a weak, and watery diet. From children's food being weak, watery, or too viſcid to be properly digeſted. But above all perhaps, from bad nurſing, and the child's being left wet, dirty, and without proper exerciſe, or being carried ſufficiently into the freſh air. Or laſtly, from the habit of body being reduced by the long continuance of almoſt any of the forementioned complaints.

The uſual ſymptoms of rickets are ſoft fleſh; bloated, or very florid countenance; weakneſs; diſlike to motion; with enlargement of the belly, head, and joints. The wriſts and ancles enlarge firſt, afterwards the back, and breaſt-bones; and indeed all the bones

ſwell

ſwell and become ſoft, eſpecially the more ſpongy ones. The pulſe is quick, and feeble, and the appetite, and digeſtion uſually bad. Dentition is commonly late, though not frequently difficult, but the teeth often rot early, and fall out. Great acuteneſs of mind has been obſerved, in this, and ſome other chronical complaints. This diſorder ſeldom attacks children before they are ſix months old, or above two years. As it appears to ariſe from a general weakneſs and relaxation, the indications of cure are to brace and ſtrengthen the ſolids, and to promote digeſtion, and the formation of good chyle. Theſe ends will be promoted by wholeſome food, ſuited to the age; good bread, or biſcuit; dry food; and roaſted meats, rather than boiled: if the child be too young to eat fleſh meats, its diet ought to be chiefly of rice, millet, pearl-barley, ſalop, and ſemolina, with a little

wine,

wine, and ſpices, if it is not inclined to be feveriſh. It muſt alſo have good nurſing, and eſpecially exerciſe and air, without being kept too hot or too cold. Medicine frequently does but very little ſervice. However if the child be of a groſs habit, a quarter, or half a grain, of ipecacuanha powder, taken once or twice a day; gentle pukes, and purges, eſpecially of pulvis baſilicus; and ſometimes iſſues often prove of uſe. If rather delicate, the cold bath is often of more ſervice than any thing elſe. But this ſhould not be entered upon in winter, nor without previous purgings. Frictions afterwards with flannel and aromatic powders, eſpecially on the back and belly, will further tend to ſtrengthen the habit. Beſides theſe, may be given the cold infuſion of bark, or ſmall doſes of the martial flowers; but a good diet, air, and exerciſe, are of the moſt conſequence, and if duly perſevered in, will

will often effect wonders. Sæpe pertinacia Juvantis, malum corporis vincit. CELSUS.

HOOPING-COUGH.

THE hooping-cough is a diſeaſe not well underſtood by the old writers. ASTRUC ſeems to have been one of the firſt that diſcarded the uſe of oleaginous and pectoral medicines, (which indeed ſome practitioners have ſince been weak enough to revive) though he adviſed bleeding too indiſcriminately.*

This diſorder furniſhes another proof of the obſervation made on the impropriety of ſubmitting the complaints of children to improper hands—the care of old women, and frequent change of air, being all that this diſorder is thought to require: but perhaps the

* See his Diſeaſes of Infants.

maxim

maxim was never worſe applied. There is indeed a milder ſort of hooping-cough, as there is of every diſeaſe, that calls for very little medicinal aſſiſtance; and it is always in ſuch caſes, that matrons and nurſes acquire their credit. But there is no complaint of children with which I am at all acquainted, in which medicine is at times more evidently ſerviceable, than a bad hooping-cough.

This diſeaſe is certainly highly contagious, and one of thoſe that never appears a ſecond time. It often begins as a common cough, and is attended with the uſual ſymptoms of having taken cold, but in its progreſs ſoon becomes more ſevere; the fits of coughing are attended with a peculiar noiſe, not ill-expreſſed by the term *hoop*, and is ſufficiently known to every parent who has ever had a child ſeverely attacked by it, and to whoſe feelings, it proves one of the moſt diſtreſſing complaints their children are liable

liable to. A flux of rheum frequently comes from the mouth, noſe and eyes, and the food is thrown up together with a viſcid phlegm, (often in great quantities) in the coughing fits; between which the child generally appears to be perfectly well, and eats its food very heartily. Theſe are the more common ſymptoms, but when the diſeaſe is violent, and has continued for ſome time, they become greatly aggravated, and the child will ſeem almoſt ſtrangled in each fit, the face and neck becoming perfectly livid, till by a violent effort, attended with a hoop, it recovers its breath; the blood will likewiſe ſometimes ruſh from the noſe, mouth, and throat. When taken in time, and properly treated, it is however rarely fatal, and ſcarcely ever but to young infants.

Dr. ARMSTRONG recommends antimonial wine as the proper, and only remedy for this, as well as for almoſt all other complaints

complaints of children, which, however appoſite the remedy may be in a general way, is ſaying no more than that emetics and gentle laxatives are uſeful, which all modern practitioners are agreed in. But the fact is, that many other means are equally uſeful, and not unfrequently indiſpenſably neceſſary, unleſs we ſhould ſuffer the patient to be ſtrangled in a fit of coughing, or fall into a decline, from the injury which the lungs muſt endure by a frequent repetition of ſuch violence.

This muſt be exceedingly apparent from the above hiſtory of the diſeaſe, the various ſymptoms of which, certainly demand a conſiderable diverſity in the treatment. If the breathing therefore be difficult, a bliſter is indicated, which if the child be not very young, may be kept open for two or three weeks. If the face ſhould be very livid, and ſwollen, during the fits of coughing, if any veſſel gives way, or the patient be plethoric,

and

and more than two or three years old, or ſhould be hot between the paroxyſms, a little blood ought to be taken away, (which is ſometimes inexpreſſibly uſeful) and a ſaline draught be adminiſtered, every ſix or eight hours, till the fever diſappears. Otherwiſe, if none of theſe ſymptoms attend, bleeding does not ſeem, in general, to be indicated, but may rather have a tendency to protract the diſeaſe, by increaſing the ſpaſmodic diſpoſition, and by weakening the patient.

If there be an inclination to vomit, it ought to be encouraged, unleſs the phlegm be brought up with great eaſe in almoſt every fit of coughing, in which caſe, nature ſeems able to accompliſh the buſineſs herſelf, and it will then oftentimes be ſufficient to keep the body open by the mildeſt laxative medicines. But it very rarely happens, unleſs in children at the breaſt, that ſome kind of emetic is not neceſſary in the firſt ſtage of the complaint.

complaint. The diſeaſe indeed very frequently requires no other medicine; for this uſually keeps the body open at the ſame time, which it ought always to be, without weakening the patient. For this purpoſe, perhaps, the antimonial wine may be as proper as any when it anſwers the end, but it is leſs certain than the tartar emetic, and is not always, I think, of the ſame ſtrength. The latter is alſo rather more taſteleſs, and will therefore have an advantage over every other medicine, when we are preſcribing for children. Two grains of this in two ounces of water, with the addition of a little ſugar is a medicine to which children will never make any objection. From one to two tea-ſpoonsful of this given to a child of a year old, (varying the doſe according to the age) will in general act ſufficiently, and ſhould be given upon an empty ſtomach, every day, or every other morning, according to the ſtrength of the child,

child, and violence of the diſeaſe. If the cough ſhould happen to be more violent at any particular time, the emetic may be given a little before the paroxyſm is expected. Or perhaps a ſtill better method, at leaſt in ſome caſes, and particularly in very young children, is to give the tartar emetic in ſmaller doſes, together with a few grains of magneſia, or prepared oyſter-ſhell powder, according to the ſtate of the bowels, three or four times a day, ſo as to keep the ſtomach in ſuch an irritable ſtate, as ſhall ſecure a gentle puking every time the fits of coughing come on. But in whatever way this medicine be directed, it will prove of no ſervice if it does not vomit, and muſt therefore be given in a doſe ſuitable to the ſtrength of the ſtomach, which is exceedingly various, not only at different ages, but in children of the ſame age, and of the ſame apparent habit of body. If the tartar emetic has

any advantage of the antimonial wine, it has much more over every other emetic I have made uſe of, the ipecacuanha, and oxymel of ſquills, being exceedingly unpleaſant, and the latter likewiſe uncertain.

Such a plan is all that will be neceſſary in the common hooping-cough; but it has been ſaid, there are many caſes which will require other means, and demand all the ſkill of the experienced phyſician. The cough, for inſtance, will ſometimes increaſe not only for days, but for weeks together, and the ſtrangulation be exceedingly alarming. In this caſe, the lac ammoniaci, but eſpecially aſſa fœtida, frequently proves a ſovereign remedy, and though exceedingly nauſeous, many children will take it tolerably well for the ſhort time it appears to be abſolutely required; and when they will not, it may be adminiſtered by way of glyſter, diſſolved in two or three ſpoonsful

of

of penny-royal, or common water. Theſe medicines however will be improper in the very advanced ſtage of the diſeaſe, when attended with hectic heat, hæmorrhage, or other pthyſical ſymptoms; a caution equally neceſſary in regard to the bark, which in the abſence of theſe ſymptoms, and after the ſtomach and bowels have been well cleanſed, is frequently very uſeful at the latter ſtage of the diſeaſe, when the patient has been exhauſted by its long continuance. Upon the ſame plan with the aſſa fœtida, camphor and caſtor are frequently beneficial, and have the advantage of being leſs nauſeous, but I think are alſo proportionably leſs powerful. I take no notice of cantharides, though ſtrongly recommended by ſome writers, becauſe I have had no experience of it myſelf, and indeed have never found any neceſſity for trying it.

It will ſometimes be of no ſmall ſervice, to rub the hands, and the ſoles of

the feet, with the aromatic volatile ſpirit, ſeveral times in the day, or the ſpine of the back, and the pit of the ſtomach, with oil of mace, (ſo called) or oil of amber; but as the ſmell of the latter is very unpleaſant, it may be diſpenſed with, where the ſpaſms are not exceedingly urgent. But when they are ſo, this oil is ſometimes very uſeful, particularly when adminiſtered internally, and children of three or four years old will often take a few drops of it very well, mixed in a ſpoon with a little brown ſugar; from which I have ſeen as evident advantages, as from any medicine whatever. In a little child of my own, it immediately gave a turn to the complaint in the moſt violent hooping-cough I ever met with, and after almoſt every other medicine had been tried to no purpoſe; ſo that from the hour ſhe took it, the complaint was no longer alarming, or tedious of cure. But frequently, no antiſpaſmodic is equal

to opium, in this, as well as in other diſeaſes. With this view, two or three drops of laudanum, and to younger children a ſmall tea-ſpoonful of ſyrup of poppies, or to grown people from five to ten grains of the pilula è ſtyrace, taken at bed-time, will not only quiet the cough, and remove the ſtrangulation during its operation, and procure the patient ſome reſt, by which the ſtrength will be recruited, but in many caſes, ſeems to have a kindly operation on the diſeaſe itſelf. It is in this way, I doubt not, that the cicuta once ſeemed to gain ſome reputation, but I believe it is no otherwiſe a remedy for it than as an anodyne. From a miſtake however in this reſpect, the ſtrong manner in which this medicine was recommended by Dr. Butter, has certainly done harm, as I have known many people depend ſolely upon it in very bad caſes, to the excluſion of other remedies

evidently indicated, and the no ſmall detriment of the patients.

If obſtructions in the lungs be ſuſpected, bliſters ſhould be applied, and gentle deobſtruent medicines made uſe of; but at this period, the cure is chiefly to be accompliſhed by a vegetable and milk diet, (eſpecially aſſes milk) pure air, and gentle exerciſe.

The cough after having diſappeared for a week or more, is ſometimes found to return with great violence, eſpecially upon taking cold; but a gentle purge or two, a vomit, and abſtaining from heavy food, generally remove it in a very ſhort time. If theſe cautions be neglected, the cough will often prove extremely tedious.

The only thing that remains to be ſpoken of, is proper diet, which for children even of five or ſix years of age, ought to be little more than milk and broths. Theſe are eaſily digeſted, and will afford them much more good nouriſhment than

any

any kind of meats, and will ſit much lighter on the ſtomach than puddings, or paſtry, the latter of which is exceedingly injurious. The objection made by old nurſes againſt milk, that it breeds phlegm, is utterly founded in a miſtake, which cannot be too frequently controverted. It has, indeed, been ſometimes mentioned by a certain claſs of medical people, but the objection is ſo truly unphiloſophical, and unlike the objections of thinking men, that it ſcarcely deſerves a reply. Should the milk, however, be found to curdle remarkably ſoon on the ſtomach, a little common ſalt, or teſtaceous powder, may be added to it occaſionally; or where it can be afforded, aſſes milk may be ſubſtituted for cow's. Theſe light nouriſhments ſoon paſs out of the ſtomach, or if brought up by coughing fifty times in the day, (as I have known them to be) a child of four, or five years old, will immediately take

more of them with avidity, and will be better ſupplied in this way, I mean by taking a tea-cupful at a time, than by making ſet meals, or taking a large quantity at once. If the child ſhould be thirſty, a little apple-water, toaſt and water, and other thin drinks, will be pleaſant and uſeful. Patients treated in this way, will get through the complaint, if not ſevere, in a very ſhort time; and where it proves violent, a child will ſtruggle through this long diſeaſe without any conſiderable loſs of ſtrength, or will be very ſoon recruited by gentle exerciſe, and a little country air, the beſt reſtoratives after every kind of diſeaſe.

The Croup.

THE croup, or acute aſthma, is a complaint ſomewhat ſimilar to the former, to which children only are liable, called therefore aſthma infantum ſpaſmodicum,

modicum, alſo ſuffocatio ſtridula. It rarely attacks thoſe who have arrived to the age of ten or twelve years, and chiefly ſeizes infants newly weaned; at which period it is the moſt ſevere. Dr. MILLAR, to whom I am chiefly indebted for what I have to ſay upon this ſubject, obſerves that it appears moſt frequently in the ſpring and autumn, in moiſt or changeable weather, and when the mercury falls in the barometer.

This diſeaſe may perhaps ariſe from the lax fibre of children, the abundance of moiſt humors natural to them, and the vaſt ſecretion from the bronchial veſſels; from the changes taking place in the circulation through the heart and lungs after birth, and the change of food from milk, which is eaſily aſſimulated, to one requiring more digeſtion, by which a great quantity of air is generated in the firſt paſſages.

The

The prophylaxis, or means of prevention, is the ſame as in moſt other diſeaſes peculiar to children. If this complaint ariſe from the laxity of their ſolids, the quality of their food, and the natural weakneſs of their organs of digeſtion, the general means of prevention, as well as of cure, will be readily indicated.—Their food ſhould be ſuch as may be eaſily digeſted, and may prove nouriſhing. A due proportion of milk and broth,* taken ſeparately, whilſt children are very young, or light meats when they become older; good air and exerciſe, and a careful attention to the ſtate of their bowels.

The nature of this complaint appears evidently to be ſpaſmodic, its ſymptoms very much reſemble thoſe of the nervous aſthma; but it differs materially

* A diet of milk only, even in adults, when long perſiſted in, though otherwiſe proper, will create flatulencies. BARRY on Digeſtion.

from

from the common ſpaſmodic aſthma of adults, in the peculiar croaking noiſe made in reſpiration, and in the violence of the paroxyſms; which however leave no apparent indiſpoſition, ſave a certain dullneſs, and a ſenſe of fear, in children capable of expreſſing it. The fits frequently terminate by ſneezing, coughing, or vomiting, and return without any regularity. It is attended with a quick pulſe, laborious breathing, a ſharp, and ſhrill voice, and a fluſhed countenance which grows livid during the paroxyſms.

It is divided into two principal ſtages; in the latter of which no method of treatment has appeared to be effectual, but medicine is never more efficacious than in the firſt. As I once ſaw in a little boy of my own, who was nearly cured in two days.

The ſovereign remedy ſeems to be aſſa fœtida, which ought to be adminiſtered

miniſtered both by the mouth and in glyſters, according to the exigency of the complaint, which in the firſt inſtance, and before any inflammatory affection has taken place, may be adminiſtered very freely. At the cloſe of the complaint, and to prevent a relapſe, the bark proves highly ſerviceable, and will alſo reſtore the ſtrength of the patient; returning however to the aſſa fœtida, if there ſhould be any threatning ſymptom of the aſthmatic affection, which is not uncommon. Should a patient ſuffer two or more relapſes, to which a moiſt air will peculiarly expoſe him, ſome diſcharge, by a bliſter, or iſſue, ought to be procured, and continued at leaſt for ſome months.

I have examined the trachea after death in only one patient, in which I found the preciſe appearances deſcribed by Dr. MILLAR; the trachea being lined

lined by a tough viſcid coat, which nearly cloſed up the paſſage.

Scrofula, or King's-Evil.

THIS is primarily a glandular diſeaſe, though in its progreſs it attacks the adipoſe membrane, muſcles, tendons, and even the bones themſelves, eſpecially the joints. It ſeldom makes its appearance before two years of age, nor later than ten or twelve, though there are a few exceptions in this laſt reſpect, and it then often proves fatal, by falling on the lungs, or other noble part. It is frequently obſerved to follow other diſorders, particularly the ſmall-pox, whether taken naturally or from inoculation, but more eſpecially the former; alſo the hooping-cough, teething, rickets; and many other diſorders already mentioned. Hence, the nature of this diſeaſe is better underſtood,

ſtood, as it falls upon weak and tender habits, either originally of a lax fibre, or worn out by previous diſeaſes; or is gradually brought on by a heavy, indigeſtible, and bad diet, or a low, wet, and unhealthy ſituation. It is, however, ſometimes found to be hereditary, but will very frequently lie dormant for two or three generations afterwards, and appear with redoubled violence. It is often attended, or rather preceded, with a peculiar look about the eyes, and a thickneſs of the upper lip, and ſometimes proves a ſource of ill-health through life, but is not uſually fatal in the firſt inſtance.

Long before the external glands become affected, eſpecially in young ſubjects, the belly is obſerved to be hard and enlarged, and after death, the meſenteric glands, and even the pancreas have been found diſeaſed.

Though

Though this be a very unpleaſant complaint, and one that does not often admit of much relief, yet it frequently diſappears at the time of puberty (and ſometimes ſooner) eſpecially in females; but whether this be owing to the increaſed ſtrength of the ſolids, or to other changes in the habit, naturally happening at that period, is not an enquiry proper for this place.

Though I thought it neceſſary to mention this diſeaſe amongſt others, to which the ſtate of childhood is liable, I have little to recommend for the cure of it. At its firſt appearance, bitter, or mercurial purges, are ſometimes of uſe, as are alſo antimonial vomits, and ſometimes ſaponaceous medicines. But when the diſeaſe is confirmed, lime-water, and decoctions of the woods, together with crude antimony, bark, and ſteel, are I believe moſt to be depended upon as internal remedies.

When

When there are external tumors, I am ſatisfied, that the opinion I have already given to the public in a former treatiſe, is both rational and ſafe, and that they ought to be brought to as ſpeedy a ſuppuration as is poſſible, and be treated as I have there recommended. The ſcrofulous virus when thrown on the ſurface, ſo far reſembles the cancerous, according to the deſcription of the ingenious Mr. HUNTER, that it is inclined to ſpread to a conſiderable extent; but as tumors of the former claſs will bear rougher treatment than the latter, I am confident that much benefit may ariſe from the uſe of catherætics, by ſtopping the progreſs of the diſorder in the neighbouring parts, as well as by adding powers, and thereby diſpoſing the ulcers to heal.

I have lately had farther reaſon to be confirmed in this opinion, from ſome obſervations communicated to me by Mr.

Mr. PARTINGTON, who ſince the hints I threw out in that work, has made uſe of electricity with very good effects in theſe as well as other cold tumors and ulcers, I had mentioned; which have all healed very kindly in conſequence of this ſtimulus to the parts. When ſcrofulous ulcers have been healed, and only ſome ſmall tumors remain, I have experienced very good effects from the external uſe of as ſtrong a ſolution of camphor in oil of almonds as can be made, which has diſperſed them very ſoon, and I have found it the beſt remedy, and a very ſucceſsful one, in the cure of the incipient bronchocele, tho' enlarged to the ſize of a turkey's egg; and requires only to be very well rubbed into the parts, three times a day. The patient ſhould at the ſame time take a dram or two of the Rochelle-ſalts every morning.—I ſhall only add, on the head of ſcrofula, what is very well

known, that ſea-bathing alone ſometimes effects a perfect cure.

WORMS.

WORMS are much oftener ſuſpected to be the cauſe of children's complaints than poſitively aſcertained; nor are all children equally affected by them where they are found to exiſt. Some continue very healthy though they are ſeldom free from them, whilſt others are very ill who have apparently very few. Worms become hurtful chiefly from their numbers; firſt, when they obſtruct the bowels, or compreſs the adjacent parts by their bulk. Secondly, by ſucking up the chyle deſigned for the nouriſhment of the child. Thirdly, by irritation.

They are chiefly of three kinds, the large round worm, the very ſmall maw-worm, or aſcarides, reſembling bits of thread;

thread; and the flat, or jointed, called the tape-worm, which is often many yards long. This is the moſt hurtful of all, and moſt difficult of cure, becauſe it will remain long in the bowels even after it is dead, and is then ſeldom brought away but in pieces, and that by very powerful medicines. But as this kind of worm is not common to children, and occaſions a variety of ſymptoms reſembling other complaints, for which many different medicines may be required, the bare mention of it here may ſuffice.

Various are the ſymptoms of worms, ſome of which are very equivocal; I ſhall name only the more conſtant, and leſs uncertain ones. Such as fetid breath, eſpecially in the morning; bad gums; itching of the noſe and anus; a very irregular appetite, always in extremes, whether of hunger or of loathing; a large belly; pains at the ſtomach; ſometimes vomiting, oftener coſtiveneſs or purging,

with ſlimy ſtools; irregular colics; thirſt; dulneſs; peculiar unhealthy and bloated countenance, with a dark, hollow circle round the eyes; ſtartings in the ſleep, and grinding of the teeth. To theſe ſymptoms are often added, ſlow fever, with a ſmall and irregular pulſe, pale, or whitiſh urine, a ſhort and dry cough, (which is an almoſt conſtant ſymptom where the complaint is of long ſtanding, and has injured the health,) ſometimes even convulſions, and partial palſies of the lower extremities. Children, whoſe digeſtion is weak, are moſt liable to be troubled with theſe vermin, which are ſometimes very eaſily removed, and at other times very difficult of cure, and ſubject to return.

The cauſe of this troubleſome complaint is not perhaps certainly known. Since the doctrine of equivocal generation has been juſtly exploded, it has been generally imagined, that worms are engendered

gendered from the eggs of inſects, which float in the air, or are ſwallowed with ſome part of our food, ſuch as ſummer fruits, vegetables, cheeſe, and ſome kinds of fleſh meats. But perhaps this is not altogether ſo certain, as it may appear at firſt ſight, unleſs we are to imagine that theſe ſuppoſed eggs produce very different inſects, from being taken into the ſtomach and bowels, than they would otherwiſe do; ſince we do not meet with inſects of this kind, eſpecially the tape-worm, any where elſe.

But whatever be the cauſe, the general intention of cure is obvious enough, which is to bring them away in the moſt eaſy, and expeditious manner, whether alive, or dead; the difficulty chiefly conſiſting in diſlodging them from their firm attachment to the ſides of the inteſtines. To this end, a variety of medicines, pretty much of the ſame kind, has been deviſed, and has ſerved the cauſe of

empiriciſm in every age. Moſt of them conſiſt either of the bitter purges, or mercurials, to which are ſometimes joined ſteel, and tin.

But if the diſeaſe be not of long ſtanding, a little ſena-tea taken every other morning, will often effect a cure; but ſhould this prove inſufficient, a few grains of the baſilic powder ſhould be given the overnight, once or twice a week, according to the age and ſtrength of the child. If purging much ſhould, on any account, be found improper, the following is very ſafe, and often effectual.

℞. Limatur: Stanni ℥ij. Argenti vivi ʒiij
Miſce, fiat amalgama.

About eight or ten grains of this powder, with three or four grains of rhubarb, and as much unwaſhed calx of antimony, may be taken every morning, in a little honey, for a week together: after which, a glyſter of ſuccotorine aloes, diſſolved in warm milk, ſhould be thrown

up

up over night, and a proper doſe of rhubarb, or ſena-tea be taken the next morning: which courſe may be repeated, as the obſtinacy of the complaint, or the ſtrength of the child ſhall direct.

Amongſt other means, eſpecially for ſuch as may be at a diſtance from medical aſſiſtance, is a mixture of pewter filings and treacle, of which children of four or five years old, may take ſeveral tea-ſpoonsful in a day, almoſt at pleaſure; which they will alſo readily do, for the ſake of the treacle. Or wormwood ſeed, mixed up in like manner, taken in the morning faſting, and from five to ten grains of jalap, and as much æthiops mineral, twice every week, to carry the worms down, as they die. To anſwer the laſt purpoſe, equal parts of bullocks gall, and powdered aloes, may be mixed up with butter, and the parts below the navel be anointed with it, two or three times a week; or ſuccotorine

aloes and powder of dried rue, made into a plaiſter with Venice treacle, and applied round the navel, firſt covering that part with a little cotton.—I mention theſe things with a view to the country poor, whom the benevolence of their neighbours may incline them to aſſiſt, and who may, by theſe eaſy means, do it at ſo little expence to themſelves. Amongſt ſuch likewiſe, the decoction of quickſilver, in the proportion of about two ounces to a pint of water, may be made trial of, and taken as common drink, of which ſome people have entertained a very high opinion.

If the complaint, however, has been of long ſtanding, and the child not very young, mercurial purges are chiefly to be depended upon; though æthiops mineral taken for a length of time, and occaſionally purging with ſena, has ſometimes ſucceeded, where there have been the ſevereſt convulſions. For which likewiſe,

wiſe, or obſtinate contractions of the limbs, the warm bath is often eſſentially neceſſary.—To prevent a return of the complaint in older children, or grown people, chalybeate waters may be of uſe.

Hydrocephalus Internus, or Watery-head within the Ventricles of the Brain.

I ſhall not ſpeak of the watery-head that appears in ſome infants at the birth, as ſuch children are rarely born alive, and ſeldomer live many weeks, (though I have known one living at ten years of age) and no means that I know of can be attempted for the cure. I deſign here to treat only of that collection of water that is formed in the ventricles of the brain, uſually between the age of two, and ten years.

It is, indeed, a melancholy complaint, and not well underſtood; and as it can

ſcarcely

ſcarcely be aſcertained whether any have recovered from it, (the certainty of its exiſtence ſcarcely being known but by examination after death,) it is not likely that a very determined, and ſucceſsful treatment, will ſhortly be eſtabliſhed. It may ariſe from falls and blows on the head, an original laxity of the brain; ſchirrous tumors and excreſcences within the ſkull; a watery ſtate of the blood, or a lingering illneſs. It appears, likewiſe, to be a family complaint in ſome inſtances, for I have known ſix children die ſucceſſively of it at the age of two years, five of whom were afterwards opened.

It begins with the appearances of ſlow fever, the child is ſometimes ſuddenly ſeized with pain in the fore part of the head, and retches. It becomes heavy and dull, and the pulſe irregular, and uſually very ſlow; in the progreſs of the diſeaſe the patient is offended by the light,

light, becomes delirious, and ſees objects double. As the diſeaſe advances, the pulſe grows frequent, the pupils of the eyes are dilated, the cheeks flushed, and the patient lies comatoſe, or is convulſed.

For the reaſons above-mentioned, it is difficult to ſay if medicines are ſo often ſucceſsful as hath ſometimes been imagined, for when a patient recovers, it may be ſuſpected he has not had the true diſeaſe. Practitioners ſeem chiefly to have depended upon repeated bleedings; purges with jalap, or calomel; bliſters to the neck, or head; and diuretic medicines. A large bleeding early in the diſeaſe has been thought very beneficial. The uſe of ſternutatories, as powder of aſarum, or white hellebore, has likewiſe been recommended by ſome experienced practitioners.

TINEA, or SCALD-HEAD.

THE ſcald-head is a very troubleſome complaint, but as it is chiefly communicated by contact, it is rather incident to children of a greater age, than are the immediate ſubjects of this little work; I ſhall therefore only ſlightly glance at it, and point out one ſucceſsful method of cure, the unpleaſantneſs of which has, improperly I think, prevented its being generally adopted.

From ſome conſiderable experience, I may venture to ſay, that being a mere cutaneous complaint, it may be moſt ſucceſsfully treated by topical applications. This diſeaſe is ſeated in the little glands at the roots of the hair, producing little ulcers, which being thoroughly cleanſed, and made to digeſt, may be ſafely healed up, as I have found in many other cutaneous affections.

It is not uncommon, I know, to adminiſter a variety of internal remedies, and perhaps they may ſometimes be required, though I think I have ſeldom given any thing more than lime-water, or a decoction of the woods.

If the complaint be taken early, before it has ſpread far over the head, and whilſt the ſcabby patches are ſmall and diſtinct, it may be frequently cured by the ſulphur ointment, with a ſmall addition of white precipitate. And ſuch a preparation may very ſafely be made uſe of, if the patient be kept within doors, and his body be properly open; as it will be neceſſary to rub in only a ſmall portion, once or twice a day, on the parts immediately affected. But if the diſeaſe ſhould ſpread, or has already extended itſelf over a great part of the head, the hair muſt be ſhaved off, and the head waſhed twice a day with a ſtrong decoction of tobacco; repeating this proceſs till the ſcabs diſappear,

pear, and the hair grows up from the parts they had occupied.

This complaint indeed, is ſometimes of long ſtanding before medical aſſiſtance is aſked, and is not only extended over all the head, but the ſcabs are thick, and riſe high above the ſurface, returning as often as they fall off. I have, however, never failed to conquer this troubleſome diſeaſe by a method perhaps well known, but too ſeldom complied with in time, on account of its apparent ſeverity. It conſiſts only in well waſhing the head in a ſtrong lather of ſoap-ſuds, after it has been cloſe ſhaved, and then rubbing in the common tar ointment very forcibly for near an hour at a time, always uſing it very warm; and covering the head with a bladder to preſerve the ointment on the part, as well as to keep it from ſticking to the cap, or other covering made uſe of. When this has been done three or four times, not only the ſcabs, but

but the hairs will alſo looſen, which muſt be pulled out, however unpleaſant, and indeed painful the operation may be; as it will, indeed, prove a kindneſs in the end: but muſt be repeated till all the hair be taken out, after which new hair will riſe free from ſcabs, which is a ſufficient indication that the diſorder is effectually removed.

CANKER.

MANY of the following little complaints, though not uſually noticed by preceding writers, I have thought proper to mention; rather from a deſire that nothing on the ſubject of children's complaints ſhould be omitted, than from their real importance. Some of them indeed have been entirely overlooked, and probably will ſeldom require much attention, though ſometimes it will be of

advantage

advantage to know what has been ſerviceable in ſimilar caſes.

I begin with the canker in the mouth, a complaint often talked of by nurſes, and uſually as trifling as any. It will ſometimes make its appearance in the month, or at the time of teething; and frequently at the age of ſix or ſeven years, when children are ſhedding their firſt teeth, and the ſecond are making their way through the gums.

This complaint ſeldom requires more attention than was mentioned under the article of dentition, any mild aſtringent application, and keeping the body open, uſually effecting a cure; or if it does not, and the complaint makes its appearance at the time of teething, it will generally go away as ſoon as the teeth are come through.

The worſt ſpecies of this complaint that I have happened to ſee, has been during the ſecond period of dentition, when

when a child has been ſhedding a number of teeth together, and the rotten ſtumps have been neglected to be drawn out. The whole gums will then ſometimes be ſpongy, or diſſolve into foul, ſpreading ſores, and ſmall apertures will be formed, communicating from one part to another, accompanied with an oozing of a fetid, and ſometimes purulent diſcharge.

If the ſtumps of the decayed teeth can, in this caſe, be eaſily got at, they ought to be extracted; after which, ſome ſuch application as the following will ſoon brace the looſe gums, and heal up the ulcers.

℞. Bol. Armen: Sang. Dracon. Gum. Myrrhæ, Cort. Peruv. pulv. ſubtiliſſ. Cremor. Tartar: ā ℥j

Mel. Roſac: q. ſ. miſce, ft. Linctus.

℞. Aq. Calcis ℥vij Tinct. Myrrhæ Mel. Roſac. ā ℥ſs. ft. Mixtura.

The gums ſhould be touched ſeveral times in the day, eſpecially after meals, and at going to bed, with the above linctus, and the mouth be waſhed occaſionally with the mixture.

If no conſiderable change for the better ſhould take place, in a week or ten days, a dram of alum may be ſubſtituted in the place of one of the drying powders, and inſtead of the above mixture, one acidulated with as much Spir. Salis marini as the parts will endure, occaſionally made ſtronger, till ſome amendment be perceived.

On Cutting the Tongue.

THIS is too trifling a matter to dwell upon.—It will be ſufficient to obſerve that the little operation, performed in order to lengthen the tongue, is very frequently called for where there is no abſolute occaſion for it, the confinement being

being ſeldom ſo conſiderable as to make it really neceſſary to divide the frænum, or little bridle, that adheres to the under part of the tongue. The pain unto the child, however, is ſo very little, that when the operation is carefully done, it will be attended with no inconvenience; and if it can afford the mother any ſatisfaction, it will be very proper to comply with her requeſt. It ſeems therefore only neceſſary to add, that ſome little care and ſteadineſs are required, or the ſublingual veins may be divided, and in conſequence an infant may loſe its life; which has happened more than once. To avoid this danger, the bridle may be divided by a ſmall curved biſtoury, (invented by Dr. BROMFIELD) inſtead of ſciſſars. The handle and blade, when open, need not exceed two inches in length; and as the point is a little curved, and the back made broad, it is eaſy to introduce the point through

the frænum in the moſt troubleſome caſe, whilſt the back of the inſtrument will ſufficiently preſs down the veins, ſo as to be entirely out of the way of being injured.

Ophthalmia, or Inflammation of the Eyes.

THE eyes of new-born infants are very apt to be inflamed during the firſt three or four days after birth, eſpecially in the winter ſeaſon. If it be owing to taking cold, it is probable it has been either immediately after it was born, before it was given away to the nurſe, or very ſoon afterwards; and on this account, a flannel cap becomes a very neceſſary part of its firſt covering.

This kind of inflammation however, is uſually of very little conſequence, and generally diſappears of itſelf, upon merely keeping the head warm, or by waſhing

waſhing the eyes with a little roſe-water; to two ounces of which, in ſome caſes, two or three drops of extract of lead, and a grain or two of white vitriol, may be added. But there is an inflammation to which infants are liable, that ſometimes continues a long while, and is of ſuch a nature as to demand a careful diſcrimination. I do not now ſpeak of that redneſs on the eye, known by the name of ſugillation, or blood-ſhot, which will often remain a long time, return, and diſappear again, without the leaſt injury to the child; nor of the watery-eye, which will ſometimes continue for many months, and even for years. But that which I here intend, is accompanied with redneſs of the eyelids, and the true appearances of ophthalmia, or inflammation of the white of the eye, attended with the ſame thick diſcharge as the ophthalmia of adults, and will ſometimes get a little better by common

means, but ſeldom remains ſo for many days together, and generally increaſes at the end of the month.

From what I have known of this permanent inflammation, I am much inclined to the opinion of the late Dr. HUNTER and others, who after having tried a variety of means, and aſſiſted in conſultation with different phyſicians, have been induced to think, that moſt of the very ſtubborn ophthalmias originated from a venereal taint, and could only be ſucceſsfully treated by its ſpecific remedy, in one form or other.——Every practitioner will be very careful how he takes up ſuch an opinion in particular inſtances; however, it is right to obſerve, that if common means do not produce ſome favourable change in eight or ten weeks, I believe nothing but that ſpecific ſpecies of alteratives will have any laſting effect.

Though

Though it is not my deſign to treat expreſsly on this diſeaſe, it may not be amiſs to obſerve, that whenever a venereal taint actually exiſts, it is more ſafely treated by unction than in any other way; and infants would probably be cured much oftener than they are, if recourſe was had to it in better time than it commonly is.

Hiccough.

THIS has been ranked among children's diſeaſes, but it is, by no means, a complaint of conſequence, as it ſometimes is in adults. It occurs pretty commonly indeed in infancy, but ſeldom requires much attention, as it frequently comes on only after over-feeding, and is one of its moſt harmleſs ſymptoms. But when it depends on an acid ſtate of the juices of the ſtomach, or occurs in

long bowel complaints, it indicates a recourſe to the abſorbent powders.

SNEEZING.

THIS has likewiſe been mentioned by ſome writers as a complaint of young children, for which RHAZES preſcribes refrigerants and anodynes, but it is certainly not a common one, and indeed I have never met with it. It has already been ſpoken of as a well known ſymptom of the meazles, and of many common colds, but in neither, I believe, requires any particular attention. It is mentioned here, only becauſe I would not paſs over a complaint that has been attended to by any writer of reputation, or leave ſuch readers at a loſs, who being unacquainted with the diſtinction between mere ſymptoms and diſeaſes, might at any time be needleſsly alarmed by it. It may however, in conjunction with

with other cauſes, give riſe to the following complaint in older children.

Bleeding of the Nose.

I meet with this complaint alſo amongſt old writers, and therefore beſtow a few words upon it, though it ſeldom requires much attention at the age to which this treatiſe is chiefly confined.

If the child be feveriſh, or otherwiſe unwell, the hæmorrhage is often a mere ſymptom ariſing from the complaint under which it labours, and will diſappear upon that being properly treated. But a bleeding at the noſe ſometimes takes place in the healthieſt children, the veſſels of this part being weaker than thoſe which are covered by the true ſkin, and often afford a ſalutary outlet, in caſe of plethora, or fulneſs of blood, and therefore uſually contract when the intention

tention of nature is anſwered; after which, a doſe or two of cooling phyſic ſhould be given. But it may be ſometimes neceſſary to draw a little cold water up the noſe, to which ſome vinegar may be added; to apply ſome thing cold to the upper part of the back, or even to immerſe the hands in cold water; and if theſe little remedies fail, to ſtop up the noſtrils with doſſils of lint, which muſt extend to the poſterior aperture. Theſe things will almoſt always ſucceed; but if otherwiſe, ſome blood ſhould be taken from the arm, if the pulſe does not forbid; the body ſhould be kept open by manna, and cream of tartar, and the child live for a little time pretty much upon vegetables and milk; at leaſt he ſhould not dine wholly upon animal food.

Hæmorrhage from the Navel.

I have two or three times ſeen a complaint at the navel of new-born infants, which is ſcarcely worthy of mention, but from its being an uncommon one. This is an oozing of blood from the part, which has ſometimes continued for ſome months, and in ſome inſtances, in ſuch quantity as to prove alarming to the friends of the child, leſt it ſhould in the end be injurious to its health. The little vein from whence the blood iſſues, lies always ſo deep that it cannot be ſecured by ligature, nor be conveniently cauterized; the latter of which, indeed, would be very diſagreeable. I have conveyed the lunar coſtic, however, to the part, but the hæmorrhage has always returned. Nothing farther is neceſſary, than to adapt a proper compreſs, and ſecure it by a ſticking plaiſter and bandage;

dage; which ſhould be continued for two or three weeks.

HERNIÆ, or RUPTURES.

RUPTURES may take place in different parts, but they uſually appear at the navel or the groin. The former is a very common complaint, which if immediately attended to, is eaſily cured, perhaps merely by the uſe of the cold bath; but if neglected, may prove troubleſome as the child grows up; eſpecially to females. It will be ſooner cured however, if treated like the former complaint, by adapting a pyramidical compreſs, made of round pieces of good ſticking-plaiſter, ſpread upon thin leather, with pieces of card placed between them. But if the child be a twelvemonth old, it will then require a pretty tight bandage round the waſte; and ſuch a compreſſion, I have frequently obſerved

nurſes

nurſes afraid of, who often looſen the bandage ſo much as to render it of very little uſe. On this account, I have for ſome time paſt recommended Mr. SQUIRE's elaſtic bandage, which fitting quite hollow on the ſides, and making no kind of compreſſion but on the part affected, and the oppoſite point of the back, perfectly anſwers the end, without the help of a ſurgeon. The child ſhould be put in the cold bath for ſome months, after leaving off the bandage or truſs.

Ruptures at the groin in very young infants, are better left without a bandage, both from the difficulty of retaining them on the part, as well as from their being continually wetted, and becauſe the uſe of the cold bath will always cure them, if the child be under two years of age; till about which time they cannot, for the above reaſons, be very well applied. After this period however, the uſe of a truſs ſeems to be abſolutely neceſſary, of which

thoſe

thoſe made of ſteel are incomparably the beſt.

Hydrocele, or Watery-Rupture.

THIS is a tumor of the ſcrotum of a nature ſimilar to the hydrocele of adults, and when it falls to the ſhare of infants, I believe, always appears at the birth. It is frequently miſtaken by midwives and nurſes for a common rupture, who therefore adviſe a linen bandage to be applied in the uſual manner. It is, however, eaſily diſtinguiſhed from a rupture, by the tumor being tranſparent; without pain; and from not retiring upon preſſure, or not being increaſed by the crying of the infant.

It is a harmleſs complaint, and would probably diſappear of itſelf in a few months; but may much ſooner be diſperſed by ſome aſtringent lotion. The ſpirit of Mindererus has ſucceeded with

me

me perfectly well, and I have ſometimes made uſe of compreſſes wetted in vinegar and water, with the addition of a little ſpirit, as the ſkin has been able to bear it. But the ſpeedieſt method is to puncture the lower part of the tumor with the point of a lancet; which, as it may always be done with perfect ſafety, and with very little pain to the child, is often preferred by the mother, as it inſtantly removes a blemiſh which cannot but be unpleaſant to her, whenever any other perſon may chance to be witneſs to it. In whatever way the water be got rid of, I never knew it return, nor the child ſuffer any conſequent inconvenience.

Prolapsus Ani, or Falling down of the Gut.

THIS complaint is likewiſe not an uncommon one, nor uſually difficult of cure, being generally a ſymptom of ſome other

other, ſuch as worms, or other foulneſs of the bowels, or has been induced by rough purges, diarrhœa, long coſtiveneſs, a ſtone in the bladder, or ſome other irritating cauſe, and is uſually preceded by teneſmus ; to each of which the proper remedy muſt be applied.

But if the complaint ſhould remain, after the probable irritating cauſe ſhall have been removed, it will then exiſt merely from a relaxation of the part, ariſing from the long habit of deſcending, every time the child has gone to ſtool, and is eaſily cured by an aſtringent lotion. To this end, a compreſs of cotton, or ſoft tow, wrung out of the dregs of red wine, to which alſo may be added a few drops of the extract of lead, ſhould be often applied, and ſecured by bandage, ſo as to make a firm compreſſion on the part ; which may alſo be ſprinkled with fine powder of myrrh, frankincenſe, and dragon's blood. It may ſometimes be

found

found expedient to have the part ſupported when the child goes to ſtool, by a ſervant placing a finger on each ſide the gut: but this caution will not be neceſſary unleſs the complaint has been of long ſtanding, or the deſcent is conſiderable.

Discharges from the Vagina.

THESE are either ſanguineous, mucous, or purulent.—As I ſpeak only of appearances before the age of puberty, I have only to remark on the firſt, that female infants have ſometimes ſuch a diſcharge from the vagina a few days after birth, which appears to be of no conſequence. Should it however, on any account, be thought neceſſary to preſcribe ſomething, a little teſtaceous powder, or magneſia, according to the ſtate of the bowels, will be ſufficiently aſtringent, as

the difcharge always difappears in a few days.

Children of five or fix years old, are fubject to a mucous difcharge, refembling the genuine fluor albus of adults, which will fometimes be in an exceffive quantity, fo as to run through all their clothes. If it were fuffered to continue, it would probably injure the health, but I believe may always be cured, by one or other of the means recommended for the next, which may be called purulent gonorrhœa.

This is no uncommon complaint in children of three or four years old, and is then in general eafily removed by a little cooling phyfic, and keeping the parts perfectly clean. I have fometimes made ufe of a lotion of the vegeto-mineral water, which I believe is preferable to moft others, if had recourfe to in the commencement of the complaint.

When

When the purulent diſcharge makes its appearance later, which it will do at eight, ten, and even twelve years of age, and is much diſcoloured, and fetid, it gives riſe to a ſuſpicion which young practitioners cannot be too guarded againſt. There are, indeed, inſtances of little girls, not more than ſix years old, being injured, and it is of conſequence to make a judicious diſcrimination; but there are on the other hand, inſtances of a very ſuſpicious appearance, as late as the age of twelve or thirteen, where no injury could be received without the conſent of the party, who is generally perfectly innocent, and where therefore the leaſt ſuſpicion would be very diſtreſſing to her, and might make a whole family miſerable.

Diſcharges with the worſt appearances, are frequently removed in eight or ten days, merely by the treatment above recommended, but I have ſeen ſome caſes

in the youngeſt ſubjects, of a bad habit of body, where mercury, as a deobſtruent, has proved uſeful, though I could not have the leaſt ſuſpicion of a venereal taint. In ſuch caſes, I have found WARD's white drop a more convenient medicine than any other of that claſs, which may be given from half a drop, to two, or three, once or twice a day, for two or three weeks. But if this fail, I have only to add, that I have been always able to ſucceed by giving a decoction of the bark with balſam. copaibæ, which is alſo an admirable medicine in the fluor albus of adults.

LUXATIONS and FRACTURES.

INFANTS are not only liable to theſe misfortunes by a fall from the lap, but the bones, or joints, may be ſometimes unavoidably injured in the birth. There is ſeldom any luxation, I believe, but of

the

the humerus, which is very eaſily reduced, and requires nothing afterwards, but that the limb be kept perfectly quiet. Fractures, indeed, are not quite ſo eaſily managed, and perhaps happen more frequently. The bones are yet but little more than griſtle, and if ſtrained beyond a certain degree, are eaſily bent, or even broken. The former is very readily reſtored, but I ſhall drop a few words on the latter, which may not be entirely uſeleſs.

Fractures in the birth are uſually of the clavicle, or the arm, and the treatment of theſe, will include all that is neceſſary to be obſerved of ſuch as may happen in other parts.

The former however requires very little attention, as it will be neceſſary only to draw the ſhoulders back, confining them in that poſture, by two or three pins in their clothes, and to apply a piece of adheſive, or ſtrengthening plaiſter,

ſpread on leather, upon the riſing end of the bone, and a larger piece over the firſt.

A fracture of the os humeri demands a little more attention, but will always end perfectly well. The difficulty conſiſts in keeping the fractured ends of the bones appoſed to each other, without rolling up the arm ſo tight as to occaſion pain, or much ſwelling of the hand, which in a new-born infant, a very ſmall preſſure will effect. I have found no method ſo well adapted as the following, which allowing of a little tumor about the fractured part, without the neceſſity of looſening the roller, preſerves the ends of the bones in due contact, without drawing the roller ſo tight as to prevent the free return of blood from the inferior parts of the limb.

To this end, three little ſplints, about half an inch in width, and an inch and half long, may be made of fine linen cloth, five or ſix times folded together,

to

to the thickneſs of common paſteboard; and being ſoaked in a mixture of flour and white of egg, ſhould be placed in the uſual manner, along the fractured ends of the bone. Being applied wet, they will accommodate themſelves exactly to the figure of the limb, and when become dry, will be ſufficiently ſtrong to ſupport the bones. They ſhould be applied immediately on the ſkin, without the intervention of a roller, by which means, when the parts ſwell, which they ſhould always do a little, there will be ſpace enough between them to allow of it, notwithſtanding the preſſure from the roller, which ſhould be applied over them. This ought to be of very fine flannel, and ſhould not be drawn near ſo tight as for adults, nor will there be occaſion for it, as the chief dependance ought to be, on faſtening the arm down cloſe to the ſide, by ſtrong pins fixed into the little gown, as the ſurgeon may

beſt contrive at the time. The gown, therefore, ought not to be changed, nor the arm moved, but in his preſence; and if the hand is not inflamed, nor very much ſwelled, and the child is eaſy, the part will not need to be opened under eight or ten days. Till this time, the gown ſhould not be changed, but only be preſerved clean, by ſuch coverings as may eaſily be removed. The ſpeedy union of the bones will depend upon a ſtrict attention to keeping the limb as ſtill as poſſible; and if it be ſo preſerved, the accident will afford very little trouble after the firſt ten or twelve days, and at the month's end, the child will move that arm nearly as well as the other.

Scalds and Burns.

BURNS are mentioned by ſome old writers, and though a misfortune by no means confined to little infants, they too often

often fall to their lot, through the careleſſneſs of their attendants; and for want of being properly treated at the inſtant, children often ſuffer exceedingly, when a fit application would have rendered the injury trifling.

When ſuch an accident happens, the neareſt aſtringent at hand ſhould be made uſe of, ſuch as brandy, or other ſpirit, ink, wine, or even cold water, till ſomething more proper can be procured; into which the injured part ſhould be plunged, or be covered with pieces of cloth dipped in them; carefully avoiding the uſe of oil, or other greaſy application, too frequently had recourſe to. As ſoon as it is poſſible to ſend to an apothecary, the following ſhould be procured, and uſed in like manner.

Lime-water, a pint, brandy, two ounces, extract of lead, half an ounce.

If the injury has been too long received to admit of much relief by theſe means,

means, and ſores are actually formed, a very proper dreſſing may be made of equal parts of TURNER's cerate, and green ointment of elder; diminiſhing the proportion of the latter, as the ſores become diſpoſed to heal.

CHILBLAINS.

THIS is a complaint ſo well known, that it can need no deſcription. It is generally owing to the circulation of the blood in the minute veſſels of the extremities being checked, by a child having been long expoſed to cold or wet, and afterwards running to the fire inſtead of recovering the natural heat by exerciſe. If the injury be exceedingly great, as it ſometimes is when a perſon has lain for ſeveral hours in the ſnow, the circulation cannot always be reſtored, and the part actually mortifies. But I ſpeak here only of ſlighter attacks; on the firſt appear-

ance

ance of which, known by the heat, itching, redneſs, and ſwelling of the heels, toes, or fingers, country people apply warm wood-aſhes between cloths, or rub the parts with muſtard and brandy, which if done in time will often remove the complaint. For the like purpoſe, ſoaking the parts in warm water in which a hot poker has been two or three times quenched, and afterwards rubbing them with ſalt, is a good remedy; or embrocating them with camphorated ſpirit of wine, to two ounces of which, a tea-ſpoonful of extract of lead may be added.

Some children are diſpoſed to have chilblains every winter; as a preſervative againſt which, if it be the hands that are liable to be affected, warm leather gloves ſhould be worn, avoiding woollen, which in theſe caſes is unfriendly to the ſkin. But if the feet are uſually the affected parts, the heels ſhould be covered every winter by a piece of waſhing-leather, ſecured

cured round the inſteps, and worn day and night.

When the ſwellings are broken, it is common to dreſs the ſores only with a little cerate, and to wait for the return of warm weather, when they uſually heal of themſelves; but by this means, they often remain bad not only all the winter, but when large, are ſometimes not well till the ſummer is very far advanced.

After having attended great numbers in this complaint, I am ſatisfied that this kind of ſore requires applications ſomewhat more invigorating, being a ſpecies of gangrene; and though it will not always endure very warm digeſtives like many other ulcers, yet when the chilblains are pretty large, a portion of ſome digeſtive joined with the cerate, is very friendly to them. And I have known ſome ſores though very ſmall, remain long in a very obſtinate and

tedious

tedious ſtate after the breaking up of a hard froſt, whilſt they have been dreſſed only with cerate, or other mild, or drying applications, as they are called, and begin to heal immediately upon adding a ſmall portion of ſome warm digeſtive, and applying a flannel roller, without any other alteration in the plan. But if they are ſpread to any conſiderable ſize, nothing contributes ſo much to their healing, as touching the ſores every day with bracing and invigorating lotions; which in a very few days will produce kindly granulations in theſe, and other cold ſores, though of long ſtanding.

When the parts are much ſwollen, and the ſores been long foul, it will be often neceſſary in ſevere weather, to make uſe of poultices, of which thoſe made of rye-meal and the vegeto-mineral water are more active, and therefore preferable to mere bread and milk. If theſe are applied over the above dreſſing of

cerate

cerate and digeſtive, and changed twice a day, the ſores will heal in much leſs time than by any of the common applications I have ſeen uſed; eſpecially if the parts ſurrounding the ſore be well rubbed with camphorated ſpirit. If children are not very young, purging them with a little calomel twice a week, will often expedite the healing of the ſores: in the worſt caſes, a decoction of the bark is required.

Since this work has been in hand, I have been informed by Mr. PARTINGTON of the good effects of electricity in chilblains, and though I have had no opportunity of making trial of it, it agrees ſo exactly with my own ideas of the nature of ſuch diſorders, that I cannot doubt it will be of uſe in the more obſtinate kinds, eſpecially in very old people, to whom they not unfrequently happen.

THERE

THERE are ſeveral other diſeaſes attributed to young children, recorded by *Rhazes*, *Paulus*, *Oetius*, *Fabricius ab Aquapendente*, *Celſus*, *Primeroſe*, and other leſs ancient writers; of which I know nothing but from their own account of them, or that they are needleſs diſtinctions of diſeaſes already mentioned, which the ancients were very fond of making, eſpecially in complaints of the ſkin, but can never anſwer any practical end. Amongſt which are, Lentes, Hiſpiditas, Achores, Favus, Pſorophthalmia, Ranulæ or Batrachos, Seriaſis, Pariſthmia, Parulis, Inflatio, Macies.

The five firſt are affections of the ſkin. Achores and Favus are a ſort of Cruſta lactea, ſo called, when of a dark colour, or ulcerated, and extending to the head; but by ſome, the term Achores is applied only to adults. Pſoropthalmia is confined to the eye-brows, and is ſo named by ŒTIUS, and others after him.

Ranula

Ranula is an inflammatory tumor of the parts under the tongue, eſpecially of the veins, which ſometimes ulcerates, but often preſents a ſpecies of ſoft, and lax œdema. CELSUS ſays the tumour is ſometimes included in a cyſt, which muſt be taken out; the operation for which is fully deſcribed by AQUAPENDENTE. Serias is from σιρος, quia caput quaſi excavatum cernitur.—PAULUS (Lib. i.) deſcribes it as an inflammation about the cerebrum, in which the brain is ſaid often to mortify within three days—but if it ſhould not, the child may recover. Pariſthmia is an inflammation of the tonſils, but is certainly not common in this country; it is hinted by HIPPOCRATES in his book de Dentitione. Parulis, a complaint deſcribed by PAULUS as a painful tumor about the gums; RHAZES calls it a bliſter in the mouth. Inflatio is a diſtention of the ſkin from wind or water after a child has been reduced

duced by long illneſs. Macies, or atrophia lactantium, is applied to a decay, ſaid to ariſe either from worms, (and is then called atrophia verminoſa*) or to the unſuitableneſs of the breaſt-milk, which though good in its kind, will not prove alike nouriſhing to all children. The milk is then properly directed to be changed, upon which it is remarked the child will often recover.

I have now gone through all that have been uſually ranked amongſt the diſorders of infants, and have taken ſufficient notice, as I apprehend, of every complaint worth mentioning, that I have met with either in my reading or practice; and may flatter myſelf this little tract will be found to poſſeſs the advantage of compleatneſs over moſt works of the kind. That nothing may be over-

* See HARRIS.

looked, there remains only to ſay a few words upon external blemiſhes.

On the HARE-LIP, and other EXTERNAL BLEMISHES, or EXCRESCENCES, ſuppoſed to be MARKS of the MOTHER.

THOUGH it be ſomewhat beſide my purpoſe, to treat expreſly on ſurgical operations, I cannot cloſe this part of my ſubject without taking notice of the hare-lip, and other very common blemiſhes, if it were only for the ſake of adding my teſtimony to that of a ſenſible modern writer, § who has in an able manner, though not with equal ſucceſs, combated the unhappy prejudices of mothers in relation to *marking* their children; which they always imagine to be owing to a violent impreſſion from the

§ Dr. HUGH SMITH.

ſight

ſight of ſome diſagreeable object, or to a diſappointment in ſomething they may have longed for, during their pregnancy.

The repeated experience of every attentive obſerver, has uniformly militated againſt this tormenting ſuſpicion; but ſtill it prevails, though only to the injury of thoſe who ought for their own ſakes to be perſuaded to the contrary. Every man long in buſineſs has known many inſtances of affectionate mothers, (for this needleſs diſtreſs falls only to the lot of ſuch) who have tormented themſelves for ſix or ſeven months together, in the painful apprehenſion of diſcovering ſome ſad blemiſh in the child, (and on this account have trembled to look on it when it has come into the world) which has afterwards proved to be as perfect as they could have wiſhed, and as their more intelligent friends have all along ventured to foretel. On the

other hand, where children have come into the world with ſome real blemiſh, it has never been ſuſpected by the mother, unleſs now and then in a moſt timid perſon, who has always bred in fear on account of ſome diſagreeable object or other ſhe has ſeen, or elſe, the blemiſh has turned out to be ſomething perfectly irrelative to it. And here it ought to be noticed, that where a child has really been marked, and the mother has inſiſted on her having ſeen, and been frighted by an object which the blemiſh has reſembled, it has (to the beſt of my knowledge, at leaſt) appeared always to be an after-thought, by which the ſuppoſed occaſion of it has been diſcovered; and has not been taken notice of before-hand.—It is, however, the fartheſt from my thoughts to upbraid the ſufferer on this painful occaſion, or to tax any with a wilful giving way to ſuſpicions, into which, I am perſuaded,

their

their feelings alone inſidiouſly betray them.—I wiſh only to obviate the influence of a ſentiment that I take to be without all foundation, and to which nothing but length of time, and preſcription, could have given the leaſt ſhadow of ſanction.

That there are blemiſhes which bear a reſemblance to various objects around us, daily experience has proved; though the true occaſion of them is not perhaps underſtood. The like deviations from the ordinary courſe is obſerved, not only in other animals, but alſo in the vegetable kingdom, which muſt ariſe from the common laws of nature being ſomeway diverted from their uſual courſe, by ſome accidental cauſe equally unknown to us. But however this may be occaſioned, there is nothing that we know of in a fright or longing, that can produce ſuch a change in organized matter, nor can operate in the manner

that has been ſuppoſed, much leſs at ſuch different periods; but there is on the other hand, every thing againſt ſuch an hypotheſis. As matter of fact therefore, as before obſerved, does not at all countenance, but directly contradict the ſuppoſition, there is the ſtrongeſt reaſon for married women arguing themſelves out of ſuch fears, inſtead of reaſoning themſelves into them, and ſuffering a painful conflict for weeks, and months together. It will give me great pleaſure if any thing I have advanced on the ſubject, ſhould anſwer ſo deſirable an end; whilſt reaſon, philoſophy, experience, and every thing on which we ought to depend, uniformly ſupport me in ſuch an attempt.

Amongſt the various marks reſembling ſome of the objects around us, is that called the hare-lip; a blemiſh too well known to require any deſcription. It is ſufficient to obſerve, that it is of

two

two kinds; the ſimple, wherein the upper lip only is divided with ſome loſs of ſubſtance; and the complex, in which the fiſſure of the lip is double, and ſometimes the palate of the mouth, and even the uvula is divided. It would be beſide my purpoſe, in this place, to treat of the manner in which this deformity is to be remedied; I ſhall confine myſelf to ſpeaking only of the time in which it ought to be attempted.

A variety of things contribute to make the diſtreſſed parents ſolicitous to have this blemiſh removed ſoon after the infant is born, or at fartheſt before the month be expired. On this account, I am convinced the operation has ſometimes been prematurely performed, contrary to the better judgment of the operator, and not a few children have thereby fallen a ſacrifice; whilſt others have received much leſs benefit than they would have done, had the operation been

poſtponed for a reaſonable time. Where the blemiſh is very triffling, indeed, and the operation ſimple, it may be done with reaſonable ſafety in the courſe of the month, or a little after; and if the child be able to ſuck, which is not always the caſe, there are even ſome advantages in performing it ſooner. For as the child will not be able to take the breaſt for two days at leaſt after the operation, it will with difficulty be kept tolerably quiet by the ſpoon after it has been once put to the breaſt; but as infants need but very little nouriſhment for the firſt days after birth, and generally ſleep a good deal, if the operation be done twenty-four hours after the child is born, it will be in a condition to ſuck by the time it requires much nouriſhment, and the mother's breaſt is prepared to furniſh it. But in the complex hare-lip the caſe is exceedingly different, and the longer the operation be poſtponed, the better it is

likely

likely to ſucceed, and ſhould at leaſt be deferred till the child ſhall be four or five months old; the good effects of which I have lately ſeen in the lying-in hoſpital. By this time alſo, the infant will have got over the period in which it is moſt liable to ſome painful and dangerous complaints; will be thoroughly weaned from its hankering after the breaſt, and have learned to feed contentedly with the ſpoon; by which children with this kind of hare-lip are obliged to be ſupported, they being always unable to ſuck. At this period likewiſe, the parts will have acquired a degree of firmneſs neceſſary to retain the needles, as well as ſize that will admit of handling them to greater advantage; for the want of which, though the operation may appear to have been favourably performed, the needles will ſometimes break out, and the deformity be but little removed, or perhaps ſometimes be increaſed.

I have

I have once ſeen another kind of blemiſh of the mouth in a child born at the hoſpital, which required a ſimilar operation. In this infant, the mouth was much wider on one ſide than on the other, and appeared as if that ſide had been divided far into the cheek, which gave it a very aukward appearance; but as it was capable of being remedied in the ſame manner as the hare-lip, I ſhall only obſerve, that when I withdrew the pins on the third day, the parts adhered very firmly, and the child left the hoſpital at the uſual time.

A different kind of blemiſh conſiſts in ſome ſuperfluous part; on which I have only to ſay, that if it be a ſmall joint, as a finger or a toe, it is better removed on the firſt days; as the veſſels will then bleed but little, and the griſtle by which ſuch joints are uſually connected, are not yet become bony.

Beſide

Beſide theſe, there are blemiſhes of far greater importance, ſome of which demand an operation as the only chance for preſerving the life of the infant. Such are imperforations of the anus and urethra, or the vagina in females, the latter of which requiring an operation to be performed about the age of puberty, I ſhall do no more than barely mention here, eſpecially as it requires only a ſimple, or crucial inciſion.

The imperforate anus is a melancholy caſe, as it ſeldom allows of an effectual remedy, the gut often terminating in a cul de ſac ſo high up as not to be reached; it is not, however, always to be deſpaired of, though no fluctation of the inteſtinal contents ſhould be felt for ſeveral days after the infant is born.

I remember only one caſe of this kind in the lying-in hoſpital, and in that I happened to ſucceed, contrary indeed to all expectation, and after the child had

puked

puked up a great quantity of meconium, and not only the belly, but alſo the face was exceeding tumid, and the eyes had not been opened for ſome time.

The manner of doing this operation muſt, in different caſes, depend ſo much on the diſcretion of the operator, that I ſhall do no more than deſcribe that which I made uſe of in the inſtance alluded to.

The operation was not determined upon till the third day. A longitudinal inciſion was made, of near an inch, above and below the part where the anus ought to have been, which was marked by a little excreſcence; a ſmall biſtoury was then thruſt up in the uſual direction of the inteſtine, for more than an inch. No meconium following this puncture, I examined carefully with my finger, and feeling ſomething like the fluctuation meconium would make, I introduced a trocar, and withdrawing my finger, I carried up the inſtrument in ſuch a direc-

tion

tion as to avoid injuring the bladder, or forcing it againſt the os coccygis, for near an inch farther, making allowance, however, for the yielding of the parts, which might be ſomewhat forced up by the trocar. The inſtrument having now paſſed forwards, without that reſiſtance it had hitherto met with, gave me the ſenſation of having entered a cavity, when withdrawing the trocar, we had the ſatisfaction of finding the meconium run out at the canula. The child was now put into a warm bath, up to the waiſt, and in a few minutes having voided a conſiderable quantity of meconium, it opened its eyes, looked cheerfully about it, and ſoon afterwards fell into a pleaſant ſleep in the bath.

A piece of bougie was occaſionally introduced, and ſometimes left in the part, for a few hours, for the firſt fortnight, and at the uſual time the child was taken from the hoſpital in pretty good health, though

though it had been much reduced by a bad thruſh, which unfortunately made its appearance ſoon after the operation; but it always voided its ſtools perfectly well.

The imperforate penis is not quite ſo common a caſe, and it is evident, if the urethra be wanting no operation at all can be performed; but it is more commonly found open a certain way, and often as far as the baſis of the glans, and ſometimes near to its extremity; in which laſt inſtance, it is neceſſary only to make a ſmall aperture with a lancet, or a fine trocar, and to keep the part open by the occaſional introduction of a bougie. The more common complaint of this part however, is that of the urethra terminating by a ſmall aperture at a little diſtance below the glans, and ſometimes on one ſide of it. In theſe caſes, the preciſe circumſtances muſt determine the propriety of any operation, which if not carefully managed, may render the caſe worſe than

it was. I recollect two indeed, in which I was able to do conſiderable ſervice, one of which was in preſence of Sir CÆSAR HAWKINS, and the other of the late Dr. HUNTER; in the latter, the urine was diſcharged from one ſide of the penis, and pretty low down, which was very happily remedied.

I have never met with the vagina totally imperforate, but have known the aperture ſo very ſmall as to require a little operation, which was mighty eaſily done with the point of a lancet; there being always a raphè, or line, directing the extent nature had originally deſigned, which being cut through, requires only to be kept apart for a few days, by a bit of fine lint.

I have likewiſe known the ears to be imperforate, a caſe that allows of no remedy; but the external appearance may ſometimes be aſſiſted, when the helix, or outer circle is turned forwards over the tragus,

tragus, covering that part which ought to lead to the internal ear; but in theſe caſes, I have always found the concha, and meatus auditorius, totally obliterated.

Another, and a very common blemiſh, is that called ſquinting, which is ſometimes contracted by very young infants, and may then frequently be remedied, eſpecially if confined to one eye; but if a child be born with this deformity, it is not ſo likely to be removed. The means I have to recommend are indeed very ſimple, and conſiſt only in applying a piece of ſticking-plaiſter ſpread on ſome bright coloured ſilk, in ſuch a poſition, either on the temple, or the noſe, agreeable to the ſide on which the eye is diſtorted, as may draw it the contrary way. In order to keep up this attraction, the color of the ſilk ought to be varied from time to time, as well as its ſituation, placing it a little higher, or lower, both for the ſake

of

of change, as well as to anſwer any other end, that a due obſervation on its effects may point out. Beſides this, the child ought always to be placed with that ſide towards the light, in which the diſtortion is; and for the like reaſon, its parents, nurſe, play-things, and every other object that can attract its notice, ſhould as conſtantly as is poſſible take the ſame ſide, that the child may have every inducement its age and circumſtances will allow, to draw the eye the right way, and by early habit, counteract a muſcular action that is not yet become permanent.

Another method more proper for older children, is covering the eyes with ogles, which are glaſſes fixed in a little caſe, ſuch as ſome people wear when they ride on horſeback. They muſt be ſo placed, that the child can ſee no object but by turning the eyes to the ſides from which they are diſtorted. It is ſcarcely

neceſſary to add, that the glaſſes muſt be worn conſtantly, till the bad habit is overcome.

Infants are liable to many other blemiſhes, but as I mean to treat only of ſuch as will admit of ſome remedy, I ſhall mention only one more; and with it ſhall cloſe what I have to ſay on their complaints.

This is a tumor on ſome of the vertebræ, uſually of the neck, or the firſt of the back; it is of a ſublivid hue, unequal, internally ſpongy, and very vaſcular: it is ſometimes connected to the vertebræ themſelves, and is then of the ſame ſpecies with the ſpina bifida, and conſequently incurable. At others, it only reſembles it, and with proper treatment ſubſides, and the infant will do well. I ſaw one of this kind ſome years ago, in conſultation with Sir CÆSAR HAWKINS, who adviſed to preſerve the ſkin unbroken, as long as it ſhould be poſſible, which

which he feared was all that could be done for it; and to this end, recommended the free uſe of the vegeto-mineral water. It was then about the ſize of a crown-piece, and not raiſed very much above the level of the ſurrounding parts. The ſkin, however, not long afterwards gave way, and the child became ill; in conſequence of which the late Dr. HUNTER was deſired to give his opinion, who adviſed the tumor to be taken out, as the only chance for preſerving the child's life: but as Sir CÆSAR HAWKINS had not been of this opinion, the father would not conſent to it. The part ſoon began to bleed a good deal at times, in order to ſuppreſs which, as well as to leſſen the tumor, which was now conſiderably more prominent, I ſprinkled it with the following powder, ℞. Bol. Armen. pulv. Terræ Japon. ā ʒij. Alumin. rup. ʒj. Miſce. Over this, compreſſes wetted as above were applied frequently through

the day. Theſe would ſometimes adhere for ſeveral days by means of the blood and powder forming a ſort of paſte, till a freſh oozing from the veſſels looſened them; at which time the bleeding returned, and the applications were repeated: by the continuance of which however, for ſeven or eight weeks, and compreſſion with a piece of thin lead, the veſſels gradually ſhrunk, and the diſcharge being dried up, the part was happily ſkinned over, and the child recovered its health.



DIRECTIONS

FOR THE

Proper MANAGEMENT of INFANTS from the Birth:

With a particular View to ſuch as are brought up *by Hand.*

HAVING already ſo fully diſcuſſed all the principal diſeaſes of infancy and childhood, there will be leſs occaſion to ſay much on the *management* of children. There are ſome things, however, that could not with propriety be introduced under the head of their complaints, which ought, by no means, to be paſſed over unnoticed; and particularly, in regard to the treatment of infants brought up *by hand.*

But it would carry me altogether beyond the limits I have aſſigned to this little treatiſe, were I to enter ſo far into the inveſtigation of the ſubject, as to ſet forth all the impropriety of that mode of training up infants from the birth. And I am glad to find by ſome very recent examples amongſt the great, that there is ſomewhat leſs occaſion for it, than there appeared to be ſome years ago. It would be unpardonable, however, in a work of this ſort, not to inſiſt how inadequate every ſubſtitute for the breaſt has been univerſally found; and therefore how proper it is, that every child ſhould have it, and even be ſuckled by its own mother, where her health can ſafely admit of it.—Reaſon, inſtinct, experience, all conſpire to ſupport this opinion; and whoever will determine to attend only to matter of fact, may ſoon be convinced of it. Puerile, indeed, are all the arguments againſt it; and

herein

herein Dr. ARMSTRONG ſeems to me to have egregiouſly erred, for though, apparently, an advocate for ſuckling, he has laboured for arguments to apologize for the ſpoon and the boat, in too many inſtances.—It were eaſy, perhaps, to produce as ſound arguments againſt eating more than once a day, becauſe ſo many people become diſeaſed from exceſs. But not only is the breaſt-milk the only natural, and moſt proper food for infants, but ſuckling alſo conduces to the eaſy recovery of the mother; though ſhe ſhould not be able wholly to ſupport her child by the breaſt, or to continue to ſuckle ſo long as the infant may require.

Although from much experience I venture to give this opinion, I do, by no means, intend to aſſert that every mother is able to ſuckle her child even for the month, or would do well even to attempt it; but I am, nevertheleſs,

equally ſatisfied, that many are very well able who do not, and ſeveral who have only through fear been diſcouraged from doing it, in two or three lyings-in, having afterwards been prevailed on to make the attempt, have gone on with it for ſeveral months, enjoyed better health when they ſuckled than at any other part of their lives, and their children have thriven perfectly well.

But notwithſtanding this encouragement, continually brought to the ears, and urged upon others, that tyrant, Faſhion, prevails over the good ſenſe and natural feelings of many, whoſe maternal affection can be, in no other inſtance, ſuſpected. Yet againſt ſome, alas! another charge may be brought, who not only refuſe to give nouriſhment to their tender and helpleſs offspring, but whilſt they, unneceſſarily, commit this charge to a ſtranger, give up every other charge with it; and rarely ever

viſit

viſit the nurſery, or ſuperintend thoſe they have ſet over it. It is from hence, that ſo many errors in point of diet, air, cloathing, &c. &c. have inſenſibly crept into the houſes even of ſome, whoſe rank in the world would otherwiſe have ſecured to their children every advantage that a due attention to nature, or to art could point out.

I am ſorry to have ſo heavy a charge to produce againſt any part of the ſex I ſo much honour, and againſt any of my fair, and ſenſible countrywomen, in particular. Nevertheleſs, I cannot help ſuſpecting, that wherever ſuch neglect does exiſt, whether in regard to ſuckling, or ſuperintending the management of their children, and does not ariſe from want of health, or from ſome equally unſurmountable objection, it can be charged only on the depravity of the age, which inſenſibly perverts the taſte, and corrupts the judgment of many

many who wiſh to do well. And depravity of manners, when once become general, has ever been conſidered as the leading ſymptom of a falling empire, and ought to be pointed out as far as it extends, by every friend to the community, at whatever hazard of giving offence, in every conſpicuous inſtance of it. TACITUS, the Roman hiſtorian, complains of the degeneracy of Rome in his days, (though by no means its moſt degenerate æra,) lamenting that in former times, grave matrons attended to their children, as their firſt family concern, but now, ſays he, they are intruſted to the care of ſome Grecian girl, or other inferior domeſtic.—It is no ſmall ſatisfaction to me, however, to declare, that in this country there is no ground for a general complaint on this head; there are examples of the firſt magnitude of a nobler conduct, and one, at the head of all, which were it copied

without

without exception in domeſtic life, would prove the glory of the preſent day, and a bleſſing to the riſing generation.—May the time haſten when it ſhall be univerſally followed by her ſubjects, whilſt I attempt to point out as far as my obſervation has extended, the moſt prudent means of executing this moſt important branch of female duty.

To this end, let us imagine an infant juſt born, to which our firſt notice will be called in regard to waſhing and dreſſing it, together with other little offices ſuited to the occaſion.—And this firſt waſhing is of more importance than is uſually imagined, being amongſt the *little* things which are often overlooked by writers and others; though it is not every little thing that may ſafely be neglected, or ill-done. Some infants are covered much more than others with a thick, viſcid matter, which cleaves ſo faſt to the

ſkin,

ſkin, that it is not eaſily waſhed off; but it is of importance, however, in regard to perſpiration, which can never be duly performed, where the ſkin is left foul. On this account, the nurſe ſhould be very attentive to this firſt concern of her infant charge, and whatever waſh ſhe may make uſe of, ſhe ſhould be careful the child be well rubbed, eſpecially under the arms, in the hams, and groins, where this mucus is apt to adhere: and to this end, it would be better ſhe made uſe of no kind of greaſe, which tends to ſtop up the pores, and ſo prevent perſpiration; or that ſhe be, at leaſt, very careful the greaſe be afterwards well wiped off.

After a while, and ſometimes the next day, moſt nurſes waſh the child with cold water; a practice highly extolled by Dr. ARMSTRONG, as well as many other practitioners. But though no man can be a greater advocate for every thing that is bracing than I am, I cannot approve of this

this ſubſtitute for cold-bathing, as it is called; at leaſt, as an indiſcriminate practice. The cold-bath acts on a quite different principle, and I could wiſh almoſt every child, eſpecially thoſe born in London, were bathed at three or four months old, if the ſeaſon ſhould permit, which I am certain would prevent, as well as remove many of their complaints.* But to ſee a little infant of a few

* From the ſurprizing good effects that ſometimes follow the uſe of the cold-bath, I do not wonder that prieſts, in times of ignorance, have been known to account them holy, and dedicate them to ſome ſaint; to whoſe influence certain cures were attributed.

Its ſalutary operations, however, are eaſily accounted for, from its promoting inſenſible perſpiration, and rendering that ſecretion leſs readily affected by the impreſſion of the external air.

It may be known to agree with children, when they come out of it warm, lively, and their ſtrength increaſes on the uſe of it. On the other hand,

few days old, the offspring perhaps of a delicate mother who has not even ſtrength to

hand, if they come out cold, diſpirited, and ſeem rather to loſe ſtrength, it is as often prejudicial.

But I muſt obſerve, that theſe unpleaſant effects are frequently owing to an improper uſe of bathing, and for want of making a very obvious diſcrimination in the habits of body of different children.—For the tender and delicate, not only ſhould a good quantity of ſalt be put into the bath, but the water ſhould alſo at firſt be a little warmed, and children be brought only by degrees to endure it quite cold; or if it ſhould even never be perfectly ſo, the advantages of bathing will nevertheleſs be conſiderable. It is not, I apprehend, merely from the coldneſs of the water that the benefit of bathing ariſes; nor will children be diſpoſed to take cold from the water being a little warmed for the firſt three or four days, as it has been generally imagined. The chief advantages, perhaps, ariſe from the ſubject being ſuddenly immerſed into a very different medium, in which the contact of the external air is taken off during the immerſion, and is as ſuddenly reſtored on his being taken out. By this means, the blood is alternately puſhed forward

to ſuckle it, waſhed up to the loins and breaſt in cold water, expoſed for ſeveral minutes, perhaps in the midſt of winter,

ward into the extreme veſſels, and as ſuddenly repelled to the heart, and ſuffers an advantageous attrition againſt the ſides of the veſſels. The ſmall paſſages are rendered pervious, and the ſyſtole of the heart is increaſed, as well as the muſcular fibres proportionally ſtrengthened. The ſalt added to the water pretty certainly prevents taking cold, whilſt it adds to the ſtimulus on the ſkin, and opens the pores more effectually.

For the ſake of ſome readers it is neceſſary to obſerve, that a child is to be put only once under the water at each time of bathing, and to be taken out as ſoon as it is poſſible. It ſhould be received in a blanket, and be wiped dry with a cloth in the moſt expeditious manner; and as ſoon as it can be dreſſed, ſhould partake of ſuch exerciſe as may be beſt ſuited to its age: but by no means be put into bed. There will need no great attention to its being wiped perfectly dry, as a child will be leſs liable to take cold from a few drops of ſalt-water being left upon it, than by being long uncovered in ſome parts of its body, in an over-caution to wiping it dry.

(when

(when children are more inclined to diſeaſe than thoſe born in ſummer), itſelf in one continued ſcream, and the fond mother covering her ears under the bedclothes that ſhe may not be diſtreſſed by its cries; has ſtruck me as a piece of unneceſſary ſeverity, and ſavors as little of kindneſs as plunging an infant a ſecond, or third time, into a tub of water, with its mouth open, and gaſping for breath, in the old faſhioned mode of cold bathing: both of which, often induce cramps and pains in the bowels, and weakneſs of the lower extremities, but never an increaſe of ſtrength. It ſurely cannot be amiſs, in winter time at leaſt, to take the cold off the water for the few firſt days, and whenever cold water is made uſe of, it will be quite ſufficient to waſh the child as far as a regard to cleanlineſs may require, which will always be the parts expoſed to the worſt kinds of galling and excoriation; on which account cold wa-

ter

ter is certainly uſeful. With this view, beſides the groin, ſcrotum, and anus; the arm-pits, folds of the neck, and parts behind the ears, being alſo diſpoſed to excoriations, may be occaſionally waſhed in like manner, and if the diſcharge be not checked by it, the parts ſhould be ſprinkled with a little hair-powder, or compound powder of ceruſe, or a little white vitriol may be added to the water; which if the excoriations are not very conſiderable, will generally heal them very ſoon. In a very acid ſtate of the ſtomach, however, during the month, particularly where there is a purging with very green ſtools, the parts about the anus will be unuſually excoriated, and whilſt that ſtate continues, will not be healed by any drying applications. I have found nothing ſo pleaſant, and uſeful, in this caſe, as covering the parts with the thin ſkin found upon the veal kidney, which ſoftens, and cools the inflamed parts, till

the cauſe of the complaint, by the uſe of proper abſorbents, be removed. But one grand means of keeping children from chafing, is to preſerve them very dry and clean; articles of ſo much importance, that I ſhould have inſiſted much longer upon them, if I had not already far exceeded the bounds I had intended.*—Suffice it therefore to ſay, that it is next to impoſſible a child ſhould thrive or be

* I ſhall take this opportunity of dropping a word againſt an old faſhion ſtill too much in uſe, that contributes not a little to make children weak, that of wearing a pilch; which though originally deſigned only for the few firſt weeks after birth, is often worn for as many months. It can anſwer no poſſible end but that of ſaving trouble to ſervants, ſince inſtead of keeping children dry and clean, it does directly the contrary; for if it has received any wet through the uſual cloth laid over it, it ought itſelf to be changed as often as the other, or muſt certainly be damp and uncleanly; whilſt by heating the loins, and lower limbs, it has a manifeſt tendency to relax, and diſpoſe infants to become rickety.

healthy,

healthy, if theſe laſt articles are not ſtrictly attended to, which together with thoſe of proper food and exerciſe, are perhaps the only ones in which the children of poor people are at a great diſadvantage, and which become the conſtant ſource of rickets and diſtortions among them. Let not theſe ill effects fall on the children of thoſe whom miſconduct alone can expoſe to them.

I ſhall juſt mention here another uſeleſs operation practiced by nurſes, that of forcing out the milk from the little breaſts of new-born infants. Some children a day or two after they are born, will have the breaſts exceedingly tumid, hard, and painful, containing ſomething like milk; and nurſes imagine they do a great kindneſs in milking it out, as it is called. But I have often been grieved, to ſee a nurſe rudely rubbing, and even ſqueezing the breaſts, already in a ſtate of inflammation, and continuing it even

for ſome minutes, though the child's cries might convince her ſhe is putting it to pain. In this caſe, viz. of inflammation, a bit of bread and milk poultice is the propereſt application, but if the part be not inflamed, it can want nothing at all; though if it be thought ſomething ought to be done, a little oil with a drop or two of brandy may be gently rubbed in, or ſmall pieces of ſimple diachylon-plaiſter may be applied, and lie on the parts till they fall off of themſelves.

Having conſidered theſe neceſſary preparations, I proceed to offer a few remarks on the prevailing errors in their dreſs.

Upon the firſt ſight of a new-born infant, every one is ſtruck with the idea of its weakneſs and helpleſſneſs; and we often take very improper methods of ſtrengthening it. It is *deſigned* to be weak and tender in this infant ſtate, as is every other object around us.—Take a ſurvey of nature, from the firſt opening leaves

of

of the vernal flower, or the tender foliage of the ſenſitive plant, to the young lion, or the elephant; they are all, in their ſeveral orders, equally helpleſs, and cannot exiſt without ſome exterior ſupport. But they ſtand in need of nothing but what nature has prepared for them. If ſeed be caſt into a proper ſoil, it wants only the ſurrounding elements to enſure vigor and maturity. So if the tender infant be born of healthy parents, and at its full time, it is uſually ſufficiently ſtrong; proper food and nurſing are the elements whoſe foſtering influence it requires:—if it has theſe, it will need nothing more.

It is true, it is very weak, but is it therefore to be tight rolled, under the idea of ſupporting it and giving it ſtrength? It is a bundle of tender veſſels, through which a fluid is to paſs undiſturbed, to be equally diſtributed through the body, and which are therefore ſurrounded by a ſoft medium, capable of

yielding to the reſiſtance of their contents. Hence we cannot but conceive how injurious any great preſſure muſt be to ſo delicate a frame, which before birth ſwam in a ſoft fluid.

I am not ignorant however, that for many years paſt the very ancient tight mode of dreſſing infants has been diſcontinued, for which we are perhaps greatly indebted to Dr. CADOGAN. It is certain alſo, that for the laſt twenty years, the faſhion recommended by him has been improving; but there is yet room to go forward; and was every tender parent in this country thoroughly ſenſible of its advantages, it would ſoon become faſhionable to ſee children as much at their eaſe on a chriſtening-day, as they are at other times lain at night in their beds. And I may be permitted to add here, what every modern writer has adverted to, that were ſtrings, almoſt in every inſtance, ſubſtitutes for pins, phyſicians would

would ſeldom be at a loſs to account for the ſudden cries, and complaints of infants, which are too often produced by this needleſs part of their dreſs.‡

Nature knows no other uſe of cloathing but to defend from the cold,—all that is neceſſary therefore for this purpoſe, is to wrap the child up in a ſoft looſe covering, and not too great a weight of it; to which ornaments enough might be added without doing miſchief. And had this matter been always wholly left to the judgement of parents, this is all that would have been done, but the buſineſs of dreſſing an in-

‡ A gentlewoman lately informed me, that one of her children, after long and inceſſant crying, fell into ſtrong convulſions, which her phyſician was at a loſs to account for, nor was the cauſe diſcovered till after death; when on the cap being taken off (which had not been changed on account of its illneſs) a ſmall pin was diſcovered, ſticking up to the head, in the large fontanelle, or mould.

fant is become a ſecret, which none but adepts muſt pretend to underſtand. The child itſelf, however, diſcovers to us the propriety of ſuch cloathing, by the happineſs and delight it expreſſes every time it is undreſſed, and rubbed with a ſoft hand. Whereas, *the art of dreſſing* has lain the foundation of many a bad ſhape, and what is worſe, of very bad health, through the greateſt part of life.

The tender infant being dreſſed, and having undergone ſuch other little diſcipline as has been mentioned, is uſually ſo far fatigued by it, as ſoon afterwards to fall into a ſound ſleep. We ſhall therefore leave it a while to be refreſhed, whilſt I endeavour to conduct the fond mother through the various other duties it calls for from day to day, till it happily arrives at an age free from the peculiar dangers of infancy.

In the purſuit of ſuch a plan, we meet with a variety of miſcellaneous articles, which

which though not of apparent magnitude in themſelves, are in their conſequences highly worthy of notice; which that they may be thrown into ſome kind of order, may all be very well claſſed under the ſeveral heads of the *Non-naturals*, as they are called. Such are, air; meat and drink; ſleep and watching; motion and reſt; retention and ſecretion; and the paſſions of the mind; a due attention to which, may prevent many of the evils incident to this tender age.—The firſt of theſe was ſaid to be air.

The great importance of this has been ſet forth when ſpeaking of the Diſeaſes of infants; I ſhall here in a more particular way obſerve, that the age, conſtitution, and circumſtances of the child, and the ſeaſon of the year, ought always to be taken into conſideration, *that* being highly proper on one occaſion, which would be equally detrimental at another.

In

In general it may be ſaid, that warmth is friendly to very young infants, but they ſhould nevertheleſs be inured gradually to endure the cold air, which is abſolutely eſſential to their health. I cannot therefore agree with Dr. ARMSTRONG who thinks the rich loſe fewer children than the poor, becauſe they are kept warmer. On the other hand, it was well ſaid by one, that a warm nurſery fills a cold church-yard. Much caution however is neceſſary on this head, and evinces the neceſſity of parents ſuperintending thoſe to whoſe care they intruſt infant children, ſince nurſes are often indiſcreet in keeping them too long in the air at a time, which is a frequent occaſion of their taking cold, and deters many parents from ſending them abroad ſo often as they ſhould. Another, and a worſe, as well as common fault, of nurſes and ſervants, is, that of ſtanding ſtill with children in their arms in a

current

current of air, or even ſitting down with other ſervants, and ſuffering children who can run about, to play at a little diſtance by themſelves, ſit down on the graſs, and ſuch like; the conſequences of which are a long confinement to a warm room, and either a prohibition againſt going out ſo much as they ought, or a freſh cold owing to ſome of the like irregularities. And I may here obſerve, the lighteſt ſymptom of cold (which is alſo often taken in the lying-in room during the month,) is that called the ſnuffles, or ſtoppage of the noſe, and in general requires nothing more than a little pomatum, or pomade divine, to be put to the noſtrils when the child is lain in the cradle; or if this fail, a little white vitriol may be diſſolved in roſe-water, and applied in like manner.

It will be adviſeable, in order to inure infants to the air, that they be ſhort-coat-

ed

ed as early as the ſeaſon of the year will permit; their dreſs ſhould be looſe and eaſy, and they ſhould continue without ſtockings even for two or three years, and boys till they are breeched. As to this change, I think, it had always better be made in the beginning of winter, than in ſummer, as the dreſs upon the whole is warmer, eſpecially about the cheſt, which from having been open for three or four years, it ſeems rather ſtrange to cover, all at once, at the beginning of hot weather.

But though I have ſaid children would be as well without ſtockings, for a conſiderable time, I muſt remark that circumſtances are always to be taken into conſideration. *Mutatis mutandis* ſhould not only be the motto of phyſicians, but of common life, and we ſhould be guided by it in regard to all general rules. For want of this caution in the preſent inſtance, many tender children have ſuffer-

ed

ed exceedingly the laſt winter from the ſeverity of the ſeaſon, and have been diſtreſſed with chilblains merely for want of proper covering to their tender limbs. I have ſeen a child of four years old, the daughter of a perſon of faſhion, (who I know will pardon my mentioning it) whoſe legs were covered with chilblains quite up to the knee, and yet the lady could not be prevailed upon in time, to ſuffer ſtockings to be put on, becauſe ſtrong and healthy children are thought to be better without them.

The ſecond article under the head of *Non-naturals* relates to Meat and Drink.

I meet with the like improprieties on this article, as on that of dreſs. And it has indeed been matter of wonder, how the cuſtom of ſtuffing new-born infants with bread could become ſo univerſal, or the idea firſt enter the mind of a parent, that ſuch heavy food could be fit for its nouriſhment. But before I

enter

enter farther into this matter, I ſhall juſt obſerve, that though an infant be ſuckled by its own mother, it can certainly want no other food, till the time nature will bring milk into her breaſt, ſuppoſing the child be lain to it in proper time; which doubtleſs ought to be as ſoon as ſhe ſhall be ſufficiently refreſhed; this method, however unuſual with ſome, is the moſt agreeable to nature, and to obſervations on the irrational ſpecies, who in many things are the very beſt guides we can follow. By means of putting the child early to the breaſt, eſpecially the firſt time of ſuckling, the nipple will be formed, and the milk be gradually brought on. Hence much pain, and ſometimes even an abſceſs would be prevented, as well as ſore nipples, which in a firſt lying-in, have been wont to occaſion no inconſiderable trouble. But ſhould either of theſe evils take place, they are far leſs diſtreſſing

under

under proper management than has been uſually imagined*. However, ſhould the mother be unable to ſuckle, and a wet-nurſe be engaged, there can be no harm in putting the child to the breaſt, after it has taken a doſe or two of the opening medicine; or ſhould it be brought up by hand, and not eaſily kept quiet, a ſpoonful or two of water-gruel, with a little Liſbon ſugar, may be given for this purpoſe, which will uſually ſet it aſleep; after which it will be ready for whatever food ſhall be found proper for it.

It were well if the fond mother, and all well inclined nurſes had more juſt ideas of the manner in which we are nouriſhed; and eſpecially, that it is not from the great quantity, nor from the

* See the above mentioned treatiſe; in which the milk-abſceſs, and ſore nipples are fully conſidered, and a ſucceſsful, and eaſy method of treatment pointed out.

quality

quality of the food ſimply conſidered. They may ſurely be led to conceive, that our nouriſhment ariſes from the uſe the ſtomach makes of the food the body receives, which is to paſs through ſuch a change, called digeſtion, as renders it balſamic, and fit to renew the maſs of blood, which is daily waſting and conſumed. An improper kind, or too great a quantity taken at a time, or too haſtily, before the ſtomach has duly diſpoſed of its former contents, prevents this work of digeſtion, and by making bad blood, weakens inſtead of ſtrengthens the habit; and in the end produces worms, convulſions, rickets, King's-evil, ſlow fevers, and conſumption of the whole body.

Nature, it ſhould be conſidered, has provided only milk, for every animal adapted to draw it from the breaſt, and that of women is certainly the thinneſt of them all; but at the ſame time, far more

nutritive

nutritive than bread. It is true, bread which requires more digeſtion will lie longer on the ſtomach both of infants and adults, and hence probably becauſe it ſatisfies the preſent cravings, it has been conceived to afford a greater proportion of nouriſhment; though mixed up only with water, as it too frequently is, it is far leſs nutritive than milk. Children ought to be frequently hungry, and as often ſupplied with light food, of which milk is really the moſt nutritive that we are acquainted with. This could never be doubted of, but from its paſſing ſo quickly out of the ſtomach; on which account indeed, though not the propereſt food for adults, employed at hard labour, and many hours from home, it is the fitteſt of all for the ſedentary life of a tender infant, who cannot get that nouriſhment from bread or other ſolid food, of which the ſtomachs of adults are capable. It muſt have been

for want of attending to this conſideration, that Dr. ARMSTRONG has ſaid ſo much in favor of bread and other thick victuals; which, by the bye, he began to make uſe of for his own children (from its ſucceſs in whom he has ventured to recommend it,) only at the age of ſix or ſeven months; a matter very different from ſtuffing an infant with it almoſt as ſoon as it is born. For every thing the ſtomach cannot digeſt, it has been ſaid, may be juſtly conſidered as a poiſon, which if not puked up, or voided by ſtool, may occaſion ſickneſs, gripes, what are called inward fits, and all the train of bowel complaints, which may terminate in one or other of the evils juſt mentioned.

Milk itſelf is produced from food taken in by the mother, and is the richeſt part of it. It is in her ſtomach the aliment is diſſolved, or digeſted, which by a combination of powers in the *chylopoëtic* viſcera,

viſcera, is ſo far animalized as to be converted into a kind of white blood; from whence it has been obſerved, every animal body is daily recruited. Hence it is very apparent, that previous to an infant having acquired ſtrength enough to convert ſolid food into this wholſome chyle, or white blood, the parent, by this wiſe ſubſtitution in nature, has previouſly accompliſhed this work for the infant ſhe is to nouriſh.*

I am free then to lay it down as an axiom, that milk ought to be the chief part of the diet of children for a certain time, whether they have the breaſt or not; and

* Whether the parent be able to ſuckle her own child, or that office be performed by a wet-nurſe, is not here particularly conſidered. The deſign is only to prove that milk is in general the moſt proper food for an infant. Whether that be prepared by its own mother, a nurſe, or even by animals, as the cow, or the aſs, is equally to the purpoſe; where the former cannot be had, the beſt, and moſt natural ſubſtitute, ſhould be provided.

that it will prove ſufficiently nouriſhing for nineteen out of twenty; I might perhaps ſay ninety-nine out of a hundred. Exceptions, I believe, there may be, but much fewer children would periſh if no exception was to be made, than by ruſhing abſurdly into the contrary extreme. But ſuppoſing a very ſtrong child, at the end of the month, really not ſatisfied with milk only, and always craving the moment it has been thus fed, it doubtleſs may have a little boiled bread added to it, two or three times in the day; but I ſhould be very cautious how I extended it farther. Perhaps where this food is allowed, whether at a very early or a later period, it would be an advantage to boil a piece of roll, together with the upper cruſt, in a good deal of water, till it be very ſoft; by which the bread will part with ſome of its aceſcent quality: the water ſhould then be ſtrained off, and the bread mixed up with ſome milk,

which

which ought to be boiled if the child be very young, or inclined to be purged.

It would, I perceive, lead me beyond all bounds to enter farther into this matter; and I ſhould not indeed have ſaid ſo much on the ſubject, had I not had it much at heart to perſuade thoſe whoſe affections would ever lead them right, were their judgments not previouſly perverted.

If milk be the proper food for infants brought up by hand, the next inquiry will naturally be, what milk is the beſt? and what is the fitteſt inſtrument for feeding with? And herein it is with great pleaſure I acknowledge my obligations to Dr. Hugh Smith, for his ingenious contrivance, publiſhed ſome years ago in his judicious treatiſe on the management of children, in a ſeries of letters addreſſed to married women. The milk he likewiſe adviſes, is cow's milk in preference to all others; and I wiſh to refer the in-

quiſitive reader to the reaſons the Dr. has given, to which I can add nothing but my own experience of their validity. To the milk, either from the birth or a few weeks afterwards, (but I think in general the ſooner the better) ſhould be added a ſmall quantity of a light jelly made from harts-horn ſhavings, boiled in water to the conſiſtence that veal broth acquires when it has ſtood to be cold. § The deſign of the jelly is obvious, and rational, at once calculated to render the food more nutritive, as well as to correct, in ſome meaſure, the aceſcency of the milk. The milk of quadrupeds, it is to be obſerved, is pro-

§ There is ſometimes a difficulty in making this jelly, on account of the harts-horn being bad; thoſe who ſhave it, often mixing with it the ſhavings of trotters, which may, however, be diſtinguiſhed by their brittleneſs. If the ſhavings are good, two ounces of them boiled very ſlowly in a quart of water to a pint, will make the jelly of a proper conſiſtence.

duced

duced from vegetable juices, whilſt breaſt-milk is formed by a mixture of animal and vegetable food. A little Liſbon ſugar may be added to this compound of jelly and milk, if the child be not inclined to a purging, or in that caſe a little loaf-ſugar; but the leſs of either the better. It will be proper to have the milk and jelly warmed ſeparately, and no more at a time than may be wanted, when it ſhould be put into the ſmall pot Dr. SMITH has contrived for the purpoſe, which muſt be very carefully cleanſed and ſcalded, at leaſt once every day, and the ſpout be thoroughly rinſed, leſt any ſour curds ſhould ſtick about it. At firſt the milk ought to be boiled, to render it leſs purging, but when the child is ſeveral months old, or chances to be coſtive, the milk need only be warmed.

The boat, the ſpoon, and the horn, are in no wiſe comparable to the pot,

which is ſo contrived, not only as to pleaſe the child by its reſemblance to the nipple, and the milk coming ſlowly into its mouth, but alſo to afford the infant ſome little degree of labour or fatigue, in order to acquire the quantity it needs; which the horn does not do. This is indubitably the caſe in regard to a child ſucking at the breaſt, and by this means it is that children, eſpecially when very young, are not ſo apt to overſuck, as they are to be overfed by the boat or the ſpoon, the food of which being ſweet and pleaſant, and requiring only the trouble, or rather the pleaſure of ſwallowing, the child is tempted to take too much at a time; whilſt the nurſe in order quiet it, often forces down a ſecond or third boat-full, to put a ſtop to the cries, which indigeſtion from the firſt or ſecond may have occaſioned.

The pot is formed in the ſhape of an Argyle, or gravy-pot, with a long ſpout, riſing

riſing from the bottom, and pierced only with a few ſmall holes at the end, which is to be covered with a piece of vellum, or parchment; which being left looſe a little way over the ſpout, is ſoft and pleaſant to the child's mouth, and is nearly as acceptable to many children as the breaſt, as I have often been a witneſs.

This manner of feeding is not only pleaſant to the child but very convenient to the nurſe, and the food equally at hand in the night as the day, being eaſily kept warm by a lamp, or even in the bed. The only objection I have ever known made to it by thoſe who have made trial of it, is that which I eſteem one of its higheſt recommendations, which is, that children thus fed are frequently hungry; that is, they are what nature deſigned them to be; this food ſitting light on the ſtomach, and being eaſily digeſted, like the breaſt-milk, children often need a ſupply of it.

It is a common direction in works of this kind, to point out the propereſt times for feeding an infant brought up by hand, and to direct how often it may ſafely be fed. I ſhall juſt obſerve therefore, that no man can lay down any certain rules on the occaſion, and therefore ought not to attempt it, ſince none can be ſufficiently comprehenſive; and I am happy in not being at all at a loſs in this inſtance, wherein writers have differed ſo widely. For children do not uſually take too much at a time in this manner of feeding, on account of the little fatigue, which it was obſerved they undergo, in acquiring their nouriſhment, and may therefore be permitted to take of it as often as they might of the breaſt.* This is, however, by no means the caſe, when children are allowed to eat thick

* Optimum vero medicamentum eſt, opportuné cibus datus. CELSUS de Med.

victuals,

victuals, and are fed by the ſpoon, of which it has been ſaid, they are always in danger of taking too much; an evil that can never be too often pointed out.

I ſhall only mention one popular objection to the plan I have recommended, or rather, that has been recommended by Dr. Smith. This objection is taken from the many fine children we meet with, who have been brought up by hand from the birth, and fed with thick bread victuals all the day long, whilſt we every now and then ſee ſome of thoſe who have been debarred that ſort of diet, weak and tender till they become a year or two old. Not to ſtop here to obſerve, that this objection militates equally againſt children living on the breaſt, though that is the food nature has deſigned for them; it will be ſufficient to ſay, that it is only ſtrong children who may be bred up almoſt any how, that can at all digeſt ſuch a diet, and that weakly infants,

infants, who are ſcarcely preſerved by the moſt careful attention to their food, would ſoon be hurried out of the world if that were neglected. And this reminds me of an obſervation of a very judicious friend in the north of England, which greatly ſurprized me at the time, as I had never met with any obſervation from him before, that did not appear exceedingly obvious and convincing. Upon ſeeing a number of fine children one day in London, he with ſome ſhrewdneſs obſerved, that we did not ſeem to have ſo many weakly half-ſtarved children as he met with in the country, and that he had often before made the like obſervation in his journies to town. It appeared to me my friend muſt have been miſtaken, and I accordingly mentioned my ſurprize at ſuch a remark coming from him; when he removed my aſtoniſhment by inſiſting on the fact, with the following obvious

ſolution

ſolution of it. There are ſcarcely any but fine and ſtrong children in London, I apprehend, that live to be two or three year old; the weaker ones, for want of good air, and exerciſe, ſinking under their infirmities; whilſt the tendereſt children in the country by being turned out to crawl in the wholeſome open air, or by ſitting at the door almoſt all the day, eſcape the fatality of your groſs air and warm nurſeries, and ſurvive the trying periods of infancy, though ſome of them remain weak and rickety till they become old enough to endure ſevere exerciſe; which is alone able to ſtrengthen them effectually.

When children brought up by hand become four or five months old, eſpecially if ſtrong and healthy, they may doubtleſs be allowed a thicker kind of victuals, becauſe their digeſtive powers are by this time become ſtronger, and are therefore able to extract good nouriſh-

ment

ment from it; though this is not equally neceſſary for children brought up at the breaſt, at leaſt, ſuch do not require it ſo early; breaſt-milk being more nouriſhing than any other. The firſt addition of this kind however, whenever it becomes neceſſary, I am perſuaded, ought to be broth*, which with a little bread beat up in it in the form of panada, will be at once an agreeable and wholſome change, and prepare them for farther advances in this way. But as this cannot well be given oftner than once a day, a little bread and milk may alſo be allowed them every morning and evening, as their ſtrength and circumſtances may require. A cruſt of bread likewiſe, as ſoon

* I cannot help remarking here, that the gravy of beef or mutton, not over roaſted, and without fat, properly diluted with water, is the wholſomeſt and moſt natural, as well as nouriſhing broth that can be made. See the abovementioned letters of Dr. Hugh Smith.

as the child has a couple of teeth, will amuſe and nouriſh it, whilſt it will aſſiſt the cutting of the reſt, as well as carry down a quantity of the ſaliva; a ſecretion too precious to be loſt, when the digeſtive powers are to be farther employed. As the child grows older, to broth may be added light puddings, made of bread, ſemolina, or rice; ſalop boiled in milk, and ſuch like. But to feed a child with veal, chicken, or other animal food, before nature hath given it teeth enough to chew it, however ſmall it may be minced in the kitchen, is altogether unnatural†, and can prove nouriſhing only to ſuch children, as from the great ſtrength of their natural conſtitution, need leaſt of all the aſſiſtance of art. It

† Ante dentium eruptionem non conveniunt cibi ſolidiores. Ideo natura quæ nihil fruſtra facit, & non deficit in neceſſariis, dentes ipſis denegavit, ſed lac conceſſit, quod maſticatione non eget. PRIMEROSE.

is by degrees only, that children ought to be brought to ſuch food, which at a certain period, indeed, is as neceſſary as a light diet at an earlier age. It is true, the error of ſome parents runs the contrary way, and their children are kept too long upon a fluid, or too ſlender diet, whence their bellies and joints become enlarged, and the bones of the lower extremities too weak to ſupport them, at an age when they want more exerciſe than their nurſes can give them. And when they can go alone, not only is a little light meat and certain vegetables to be allowed them once a day, with puddings, or blamange, white-pot, cuſtards, and ſuch like kitchen preparations of milk, but even a little red wine is beneficial to many conſtitutions. This will not only promote digeſtion, and obviate in a great meaſure a diſpoſition to worms, but by ſtrengthening the habit, will alſo render children leſs liable to become rickety, at the

the very period they are very much diſpoſed to it. But ſo many little infants, on the other hand, fall a ſacrifice to the uſe of indigeſtible food under the age of ſix months, being carried off by vomiting, purging, or fits; that whoever would preſerve them over the moſt dangerous period of infancy, cannot too cautiouſly attend to their diet at this time.*

Before I cloſe this head of the management of children, perhaps the moſt important of all, I ſhall offer ſome remarks

* From a note in Dr. SMITH's letters it appears, that the average of births within the bills of mortality for ten ſucceſſive years, was 16,283; out of which were buried under five years of age 10,145, and from amongſt theſe 7,987, were under two years of age. So that almoſt two thirds of the children born in London and its environs, become loſt to ſociety, and more than three fourths of theſe die under two years of age.—This proves how hazardous a period that of infancy is; and I am ſorry there is ſo much reaſon to be perſuaded, that the want of air, exerciſe, and a proper diet, adds unneceſſarily to its dangers.

on the diet ſuited to the particular complaints they are moſt liable to. And after the hints that have been thrown out through the former part of this work, it may be uſeful to obſerve, for the ſake of thoſe who are unacquainted with diſeaſes, that as light a diet as is poſſible is uſually called for when a child is unwell, let the diſorder be almoſt whatever it may. If a fever ſhould accompany it, the child will require ſtill leſs food than in any other complaint, but plenty of drinks; which may alſo be ſo calculated as to furniſh near as much nouriſhment as the infant will require, and may in ſummer-time be given cold. Such are barley-water, water in which a cruſt of bread has been boiled, or if a purging attends, rice-water, and a drink made of harts-horn ſhavings, with a little baked flour in it. In this complaint, wherein alſo much nouriſhment is required to ſupport the child under it, baked flour mixed up with

boiled

boiled milk, (as mentioned under the article of purging) is admirably calculated both as a proper diet and medicine. I have therefore only to add to what was there obſerved, that the flour ought to be put into a ſmall jar, and being properly covered, is to be ſent to the oven with directions not only to be well baked, but be taken out of the oven ſeveral times, and ſtirred up from the bottom and ſides of the jar, that it may not form into hard lumps, but the whole be equally baked, till it falls into a ſoft, greyiſh coloured powder; which if kept in a dry place, may be preſerved fit for uſe for a conſiderable time. For the like complaint, the food directed by Dr. SMITH is very well adapted, and will afford a little variety. He orders a table-ſpoonful of ground rice to be boiled with a little cinnamon, in half a pint of water, till the water is nearly conſumed; a pint of milk is then to be added to it, and the whole

to ſimmer for five minutes: it is afterwards to be ſtrained through a lawn ſieve, and made palatable with a little ſugar. In this way, or joined with baked flour, as mentioned above, milk may generally be made to agree perfectly well even when the bowels are purged; and when it does ſo, proves exceedingly nouriſhing. Should it chance to diſagree, owing to an acidity in the firſt paſſages, broth-panada ought to be tried.

Perhaps much more has been ſaid on the ſubject of acidity, by ſome writers, than really ought to have been, or it may at leaſt be ſuſpected, a proper attention has not been paid to the peculiar circumſtances of infants, who are always much diſpoſed to it. Acidity is probably rather an effect, than the firſt cauſe of the diſorders of infants; though there is no doubt that their complaints are afterwards aggravated by an abounding acid. Nature however *deſigned* the food of in-

fants

fants to be aceſcent, and till the body be diſordered, and digeſtion hurt from ſome cauſe or other*, this quality of their food is not likely to be very injurious to them. It is true indeed, that as any ſimilar complaints in adults, who feed on different diets, will, *cæteris paribus*, have their varieties, and each have ſome relation to the different qualities of their food; ſo it is not to be wondered at, that the complaints of infants ſhould be attended with wind and other marks of acidity, which in adults are the leaſt hurtful of all; and are indeed pretty eaſily corrected in children. When they are much troubled with wind therefore, it cannot be wrong to mix ſome carminative ſeeds, or diſtilled water, now and then, with their

* Such cauſe, it has been obſerved, is very generally an over quantity of food, or heavy and indigeſtible diet, which prove a more frequent occaſion of acidity, than any thing elſe.

food*, ſuch as ſweet fennel, or cardamon ſeeds, bruiſed very fine; but dill-water is that I have uſually recommended, and being a liquid, is always ready to be added to the food, without loſs of time.

Children, however, become leſs ſubject to wind and hurtful acidities as they grow older, and the ſtomach gets ſtronger, as it is called. But ſhould theſe complaints notwithſtanding continue obſtinate, a little fine powder of camomile flowers, mixed in water, and warmed with a very little ginger, will prove exceedingly bracing to the ſtomach and bowels, and render them leſs diſpoſed to

* Though ſuch an occaſional addition to their food is often exceedingly uſeful, I cannot help ſpeaking againſt its being made a conſtant practice, by which children not only ſuffer when by accident, or abſence from home, it has been neglected, but it deſtroys the very deſign with which it was uſed, by the ſtomach becoming accuſtomed to it.

acidity.

acidity. Exerciſe alſo according to the age and ſtrength, is a grand preſervative and remedy, and eſpecially making infants break wind after ſucking or feeding, before they are lain down to ſleep.

I ſhall only add farther, that when milk is frequently thrown up curdled, a little prepared oyſter-ſhell powder may be added to it, or a very ſmall quantity of common ſalt*, which will not at all injure the flavor, and will prevent this change happening too ſoon in the ſtomach.

* It is a very great miſtake, though a common one of parents, to imagine that ſalt will diſpoſe to the ſcurvy. This miſtake is founded upon the bad effects of the long uſe of ſalted meats; but ſalt taken with freſh meats is quite a different thing. And I ſhall juſt remark, that ſalt and water is one of the beſt lotions for the mouth, and preſervative from the tooth-ach, and alſo makes an excellent waſh for the face; which will remove ſome kind of pimples without any riſque of injury to the conſtitution.

I ſhall now cloſe this head, with ſome obſervations on the choice of wet-nurſes, and on weaning.

The firſt and eſſential point in a wet nurſe is, doubtleſs, that her milk be good, to which end it is neceſſary ſhe be healthy and young, her bowels rather coſtive than otherwiſe, and not of weak nerves; nor diſpoſed to menſtruate whilſt ſhe gives ſuck. The chief marks of good milk, are its being thin, of a bluiſh colour, rather ſweet, and in great quantity. Her nipple alſo ought to be ſmall, but not ſhort, and the breaſt round and prominent. She ought to have good teeth, to be perfectly ſober, and rather averſe to ſtrong liquors; which young, and healthy people ſeldom need in order to their having plenty of milk. She ſhould be cleanly in her perſon, good tempered, careful, fond of children, and watchful in the night, or at leaſt, not liable to ſuffer in her health from being robbed of her

ſleep.

ſleep. And I cannot help adding here, that ſhe ought not to be diſpoſed to preſcribe medicines; otherwiſe Godfrey's cordial, or ſome other opiate, will at one time or other be adminiſtered, and perhaps to the no ſmall injury of the child.

The proper age for weaning a child is to be gathered from the particular circumſtances attending it. The child ought to be in good health, eſpecially in regard to its bowels, and doubtleſs ought firſt to have cut, at leaſt, four of its teeth. This ſeldom takes place till it is about a twelve-month old; and it may be obſerved that healthy women who ſuckle their own children, and take proper exerciſe, do not uſually become pregnant again in leſs time. We ſhall not be very wide of the matter therefore, if we ſay children in general ought not to be weaned much earlier than this; making proper allowances, however, for all juſt exceptions to general rules.

Any

Any preparation for weaning is generally needleſs, and eſpecially that of feeding children before-hand, though made a common excuſe for ſtuffing them whilſt at the breaſt with indigeſtible food. I have ſeen many mothers needleſsly torturing themſelves with the fear of their children being weaned with difficulty, becauſe they could not get them to feed when eight or ten months old; and having always found ſuch children wean, and feed juſt as well as others, when once taken wholly from the breaſt, I never have any fear on their account, and ſhould be happy if any thing I can ſay from experience, may be the means of leſſening the trouble of parents on this occaſion. I do not by this mean to ſay, that a child of eight or ten months old would be injured, or often times not benefited, by a little food once a day of a more ſolid nature than the breaſt-milk, as indeed I have intimated before; but

when

when children happen to be weaned much earlier, and are fed from the birth with that view, they may be eſſentially injured by it.

When this is once entered upon, a great part of their food ought ſtill to be of milk, with puddings, broths, and but little meat; and they ſhould never be fed, or even ſuffered to drink in the night from the firſt, ſuppoſing them to be weaned at the proper age. The mere giving them drink, even only for a few nights, creates the pain and trouble of two weanings inſtead of one, and if it be continued much longer, it not only breaks the reſt, but the child will acquire a habit of being fond of drinking; the conſequence of which may be a large belly, weak bowels, general debility, lax joints, and all the ſymptoms of rickets. The child need only to be fed the laſt thing before the nurſe goes to bed, which may be generally done with-

out

out waking it; and whilſt the child ſeems to enjoys this ſleepy meal, it becomes a moſt pleaſant employment to the nurſe, and much more to a mother, from obſerving how greedily the child takes its food, and how ſatisfied it will lie for many hours on the ſtrength of this meal;—the mention of which naturally leads me to conſider the next article propoſed, viz.

Sleep and Watching.

HEALTHY children ſleep a great deal for the firſt two or three days after they are born, probably from having been previouſly accuſtomed to it. They ought not, however, to be ſuffered to continue this habit in the day time, but ſhould be gradually broken of it, and indeed if not indulged, they will not be ſo much diſpoſed to ſleep as is generally imagined, and will therefore take more reſt

reſt in the night, which is mutually beneficial to the child and the mother; who, eſpecially if ſhe ſuckles, will be much leſs diſturbed, when ſhe herſelf particularly requires this refreſhment.

Therefore, when infants are ſleepleſs in the night, they ſhould be kept awake and have as much exerciſe as poſſible in the day time, which when ever ſo young may be pretty conſiderable, (as will be mentioned in its place) by playing with them, or dandling on the knee, and otherways amuſing them; and when older, by every kind of exerciſe they can bear. The child will ſoon contract a habit of being awake while it is light, and by this means, another evil will be very much avoided, that of often laying a child down to ſleep in the day time, for hours together, loaded with a thick dreſs, and covered beſides with heavy clothes in a ſoft bed, or the cradle.

But

But though I am confident theſe cautions will have their uſe, I am equally ſatisfied that many children have much leſs ſleep than they require; but then this deficiency is chiefly in the night, and the conſequence of ſome complaint which the child labours under. Upon this head, however, ſufficient has already been ſaid in the former part of this work, to which therefore the reader is referred.

It only remains, under this article, to ſay ſomething of the cradle, which moſt writers have ſpoken againſt. I believe there is no doubt but the cuſtom of laying children down awake, and rocking them in a cradle in the day time, or at ſeven or eight o'clock in the evening when they are to go into their night's ſleep, as it is called, may be an occaſion of making them ſometimes more wakeful in the night, or at leaſt may cauſe them to expect that kind of motion whenever they wake. But yet I cannot

help

help thinking, there is ſomething ſo truly natural, as well as pleaſant, in the wavy motion of a cradle, and ſo like what children have been uſed to before they are born, being then ſuſpended and accuſtomed to ride, as it were, or be gently ſwung in a ſoft fluid, upon every motion of the mother, and even during her ſleep, from the effects of reſpiration; that, always wiſhing to follow nature as I do, I cannot, on the whole, but give an opinion rather in favour of the cradle. It is, at leaſt, among the little things in which we may harmleſsly err, and in which every mother may therefore ſafely be guided by her own opinion, or even by her feelings. And if the child in conſequence of being rocked to ſleep in the cradle in the day time, ſhall expect it whenever it awakes in the night, it will not be very difficult to find a ſubſtitute for it; and indeed parents ſeem, as it were, by inſtinct to pat and gently

move

move a child, whether lying on the lap or the arm, whenever it ſeems to awake prematurely.—I ſhall only add on this head, what cannot be too often urged, that however wakeful a child may be in the night, it cannot receive a greater unkindneſs than from the exhibition of Godfrey's cordial, ſyrup of poppies, or any other opiate, to induce it to ſleep better; but to which nothing can ſo ſafely and effectually contribute, as that exerciſe we are under the next head to conſider.

Motion and Rest.

IT is only the former of theſe that will claim much of our attention, as infants ought ſcarcely ever to be in a quieſcent poſture, but when they are aſleep. Exerciſe like Air, is of ſo much importance to them, that they cannot poſſibly be truly healthy without it; care

only

only ſhould be taken that it be properly ſuited to their age. The firſt kind of exerciſe conſiſts in dandling, as it is called, patting the back after feeding, and gently raiſing it up and down in the arms; taking care at firſt not to toſs it too high, for children are very early ſuſceptible of fear, and even capable of being thrown into fits. Another exerciſe adapted to this tender age, and of the utmoſt advantage, is rubbing them with the hand. This ſhould be done all over, at leaſt twice a day, when they are dreſſed and undreſſed, and ought to be continued for ſome time, being peculiarly agreeable to the child, as it conſtantly teſtifies by ſtretching out its little limbs, and puſhing them againſt the hand, with a ſmile expreſſive of the ſatisfaction it receives from it. Such gentle exerciſe may be partially repeated every time the child's cloths are chang-

ed, by rubbing the lower limbs, and every other part within reach.

When children are older, their exercise ſhould be proportionably increaſed, and as has been obſerved, they ought never to be carried in a quieſcent poſture, but the arm that ſupports them ſhould be continually in ſuch motion as the nurſe is able to continue. And I mention this, becauſe I have ſeen children ſlung careleſsly over the arm in ſuch a manner, as neither affords a child any exerciſe, nor allows it to give any motion to itſelf; which a lively child will always endeavour to do. And, indeed, the manner of carrying an infant, is of more importance than is generally imagined, for from it, the child will contract a habit good or bad, that it will not readily give up, and may be as much diſpoſed to become rickety by improper management in the arms, as if it was

lying

lying wet in the cradle; the ill effects of which have been hinted already.

It may be a proper inquiry in this place, at what age children ſhould be put on their feet; a point on which people have differed conſiderably, but I apprehend nothing more is required than to follow nature, whoſe progreſs is always gradual, as our imitations of her ſhould be; and we ſhall then ſeldom run very wide of her intentions. If we take notice of a healthy child, it is, as has been ſaid, always in motion, and as ſoon as it gets ſtrength, it will ſupport itſelf by the help of its hands and feet, and will crawl about wherever it is permitted. From this exerciſe, it will ſoon acquire an increaſe of ſtrength, and whenever it is upheld by the arms, and diſentangled from the weight of its clothes at the time of dreſſing and undreſſing, it will naturally walk up the waiſt of its mother, or

nurſe*, and by its manner of moving its limbs, and its bearing more or leſs on the arms, will ſhew what advances it has made. Whenever it is ſtrong enough however, it will have attained ſufficient knowledge to walk by itſelf, and will never attempt it till it is fully equal to the taſk. It will then be perfectly ſafe to permit it to follow its inclination, at leaſt

* I cannot help taking notice here of an imprudence on this occaſion, which it is well if it has not been prejudicial oftener than has been ſuſpected; I mean, that of ſuffering a child to crawl ſo high up the breaſt, as renders the mother, or nurſe, incapable of raiſing the arms high enough to ſupport it. For not only may a child be ſuffered to ſlip out of the hands, but the mother may be injured. I have felt much on this occaſion, from ſeeing tender and delicate ladies with their arms on a ſtretch, ſuffering a heavy child, perhaps with its ſhoes on, to crawl over the breaſts, diſtended with milk, and ſqueezing them ſo forcibly againſt the edge of their ſtays, that they have ſometimes cried out from the pain, and yet not been able at the moment to bring the infant down into the lap.

as far as the ſtraitneſs of its limbs is concerned; and I think I may defy any one to produce a ſingle inſtance of a child getting crooked legs, from being ſuffered to walk as ſoon as it was diſpoſed to make the attempt. The miſchief is, we lead on children prematurely to make the attempt, by leading-ſtrings, back-ſtrings, goe-carts, and other contrivances, calculated only to ſpare idle nurſes*, or what is

* I cannot avoid once more riſking giving offence, that I may do every thing in my power to induce parents to give the utmoſt attention in regard to exerciſe, for the want of which I have with much concern beheld the children of people of large fortune turn out as rickety as thoſe of the labouring poor. In ſome inſtances, I have been ſo ſatisfied this has been owing merely to a want of exerciſe, that I have informed ladies, that from the appearance and manner of the nurſery maid, I was certain their children were not exerciſed ſufficiently, and have pointed out the bad conſequences that muſt enſue. But inſtead of the maid being diſmiſſed, it has ſometimes happened, ſhe has only been

is really pitiable, to allow poor people time to attend to other concerns, who are obliged to work for their bread. But where this is not the caſe, ſuch contrivances are unpardonable, and are the conſequence of ignorance, or idleneſs, which are productive of great evils; and then by way of excuſe it is aſked, at what age a child may be put on its feet—A queſtion I apprehend, that ought to be anſwered only in the manner I have done—Leave every child to itſelf, and each will anſwer the queſtion in good time.

It is ſaid however, by a ſenſible writer*, that children's legs do not become

been queſtioned about it, and the advice as certainly never been taken; but I have as conſtantly been conſulted ſome months afterwards, about the cold bath, for children a year and half, or two years old, who have only been able to waddle acroſs the room with their knees knocking together, and reeling at every ſtep, ſo as not to be truſted alone.

† Dr. Hugh Smith's letters to Married-women.

crooked

crooked by putting them too early on their feet, and aſks if any other animal has crooked legs, though they ſtand on them almoſt as ſoon as they are born. But the caſes, I apprehend, are widely different; quadrupeds and fowls are deſigned by nature to be early on their legs, and it is neceſſary they ſhould be ſo. They are accordingly calculated for it, their bones being ſtrongly oſſified from the birth; but this is, by no means, the caſe with the human ſpecies, and therefore no argument can be founded upon it without conſiderable latitude, and making ſuch allowances for the different circumſtances of children as have been pointed out. But if it is meant only to ſuffer children to feel their way, if I may ſo ſpeak, for themſelves, they will never deceive us, nor do I think their limbs ever become crooked, but by urging them to it by contrivances of our own,

for which poverty is the only apology that can poſſibly be offered.

A note of Dr. BUCHAN on the ſubject of giving exerciſe to children, which ſome people from their poverty cannot ſpare time to afford them, charmed me exceedingly. The good ſenſe and philanthropy manifeſted in it, as well as a deſire of extending its uſeful contents, will I hope be apology ſufficient for tranſcribing it, eſpecially as it is at preſent ſo appoſite to my purpoſe. And though I cannot flatter myſelf that government, however benevolently diſpoſed, will, or perhaps can, at this time, adopt ſuch a plan, either from his recommendation or mine, it is nevertheleſs in the power of people of large fortunes, both in town and country, to give it very conſiderable influence, eſpecially if the premium were made double for ſuch children as ſhould be produced in good health. The Doctor's words are,

"If it were made the intereſt of the poor to keep their children alive, we ſhould loſe very few of them. A ſmall premium given every year to each poor family, for every child they have alive at the year's end, would ſave more infants lives than if the whole revenue of the crown were expended on hoſpitals for that purpoſe. This would make the poor eſteem fertility a bleſſing, whereas many of them think it the greateſt curſe that can befal them;" and I may add, I have known them very thankful that their children were dead.

If I had not already far exceeded the bounds I had intended, I ſhould be induced to ſay ſomething on the manner in which exerciſe becomes ſo beneficial to children—I ſhall however juſt obſerve, that it tends to puſh forward the blood through the ſmall veſſels, and to unfold them in the manner nature has deſigned them to be extended, in order to promote

the

the growth of the infant, whilſt it preſerves the blood in a proper ſtate of fluidity, and promotes both the ſecretions and excretions; which are the next things it was propoſed to conſider.

Retention and Excretion.

EVERY medical reader will be ſenſible how greatly health depends upon a due proportion between the daily ſupplies and the various diſcharges of the body; the latter, will vary according to the diet, age, and particular mode of life of each individual. The excretions of infants however, inſenſible perſpiration excepted, are chiefly from the bowels and bladder; but the latter is not very liable to diſorders. It will be ſufficient therefore to ſay, that the chief retention of urine appears ſoon after birth, and is uſually removed by applying a bladder of hot water to the belly, and gentle rubbing

rubbing with a little warm brandy, or an onion; or ſhould this fail, the child may be put up to the breaſt in a pan of warm water, and take a little marſh-mallow, or parſley-tea, ſweetened with honey, and a few drops of ſweet ſpirit of vitriol. This, if there be no mal-formation of parts, will generally produce the deſired effect in the courſe of a few hours; though caſes have occurred in which infants have voided no urine for the ſpace of four days, and have ſuffered very little inconvenience. Some of the old writers have ſpoken alſo of incontinence of urine, ariſing from weakneſs of the ſphincter veſicæ, but I have never met with it in infants. They preſcribe agrimony, and direct aſtringent fomentations of red wine to the belly, perinæum, and loins.

Our obſervations are therefore chiefly confined to the bowels, which would call for a ſcrupulous attention in this place, if ſo many things relative to them had

not

not been diſcuſſed in the former part of this treatiſe. It were needleſs therefore to ſay more, than to remind common readers, that infants are rarely healthy long together, who have not two or three ſtools every day, or ſhould they be more, for the firſt three months, and the child be brought up at the breaſt, and the nurſe have a ſufficiency of milk, it will generally thrive the better. The ſtools likewiſe ought to be looſe, of a yellow color, free from lumps, or curdly matter, and ſhould come away without griping. On the other hand, if an infant be brought up by hand, the danger generally lies in the other extreme, ſuch children being diſpoſed to be purged, and to have griping and ſour ſtools, from the aceſcent, and often indigeſtible nature of their food, eſpecially if fed by the ſpoon; and therefore require an early attention when their bowels are

diſpoſed

diſpoſed to be open, and their food to be changed in the manner directed under the article of purging.

The PASSIONS OF THE MIND was the laſt article mentioned as included in the *Non-naturals*, and on which I ſhall be very brief, as it can relate to infants merely in its effects; of which I ſhall inſtance only, in Crying. A variety of conſiderations induce me to believe that this expreſſion of the paſſions in infants, is much more harmleſs in itſelf than is generally imagined, and is often, in ſome reſpect, ſalutary. The firſt cries it makes we know to be ſo, and that it recovers from the paroxyſms of ſome complaints (as was mentioned in regard to the croup) by an effort of this kind. It is evident likewiſe, how very much health depends on a free circulation of the blood through the lungs, and on their free expanſion from the dilatation of the bronchial, or

air

air-veſſels, that run through them *. But as infants are incapable of giving themſelves any exerciſe, and indeed of receiving that kind which tends to promote ſuch an effect, I have conceived crying to be an effort which nature may have wiſely ſubſtituted in its ſtead. Whatever is truly natural I always believe to be right, though every thing is capable of being abuſed, and the moſt beneficial dictates of nature may be exceeded. I am ſatisfied however, that the common method of pacifying children by cramming them with food, when they are not hungry, creates much greater evils in thouſands of inſtances, than ever were produced by the efforts of crying.—But the nurſe who can, with calmneſs, hear an infant cry without attempting to pacify it, by every proper means, is a monſter in human ſhape,

* Fletus moderatus pueris non obeſt—pectus dilatat et calefacit. PRIMEROSE.

unfit

unfit to be truſted with the care of any animal being, much leſs with a tender, helpleſs creature, whoſe only language, by which it can expreſs its wants or its ſufferings, is its Tears.

I cannot help treſpaſſing on the reader's time to make an apology for having dwelt ſo long on this, as well as on ſeveral other heads; my motive has been the deſire of inſtructing, even at the riſque of diſpleaſing; and for the ſake of my fair readers, who may do me the honour to conſult this work, I have endeavoured to leſſen their fears, as far as they have appeared to be needleſs, wherever no other remedy could be offered.

I ſhall conclude by obſerving, that, though the paſſions of the mind refer ſo little to infants, they relate very materially to the wet-nurſe; who beſides endeavouring to keep her ſpirits as calm as poſſible, ought to be exceedingly careful

ful not to put a child to her breaſt, when under the influence of any violent paſſion, of whatever kind it may be, the bad effects of which have already been inſtanced in the former part of this treatiſe. And I ſhall think myſelf well recompenſed for the little trouble I have had, if this, or any other hint, may prove a means of leſſening the dangers of the infant ſtate, and the conſequent ſad fatality that attends it; as well as of abating the anxiety of the fond mother, who after having brought her tender charge into the world with ſorrow, is pierced with double pangs at its leaving it.

THE END.